



# EMOTIONAL INTELLIGENCE (EQ)

## TRAINING WORKSHOP

*Building Authentic Leaders to Better Serve Our  
Community*

### Training Objectives

#### PHASE 1 – LEADING WITH EQ (2 Days)

Session 005 April 16-17 8AM – 5PM

Session 006 April 21-22 8AM – 5PM

- Gain an understanding of yourself and identify competencies in all areas of EQ.
- Gain a strong understanding on the importance of strong EQ in leadership.

#### PHASE 2 – DARE TO LEAD (2 Days)

Session 003 April 16-17 8AM – 5PM

- Learn the concepts of brave leadership and how to develop a culture of courage through the Brene Brown Dare-to-Lead Curriculum.

#### PHASE 3 – LEADER AS COACH (1 Day)

Class Dates TBD after completion of Phase 1 & 2

- Become familiar with the concepts and skills to effectively coach staff on developing strong EQ.

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Open to All County Managers & Leaders

For more information please email the Learning Institute at  
[learninginstitute@stancounty.com](mailto:learninginstitute@stancounty.com)

To enroll using PeopleSoft on the Intranet, select self-service, followed by learning and development, and then request training enrollment.

