

Saturday, April 24th, 2010 11 am-4 pm

**Emotional Intelligence
Experiential Training
A Workshop Exclusively Designed for The Mindshift Institute**

**Susan A. Kornacki, MS
President, EI Skills Group; Founder, HR Power Associates**

Admission: \$65

For Information on Sliding Scale Admission or Bartering,

Email susan@eiskills.com

We are living in a time of rapidly accelerating change and increasing complexity. We are inundated with emotional messages that are targeted at us to manipulate us and affect the basic aspects of our lives, such as the foods we eat, the work we do, the relationships we have, and the leaders we vote for. How we manage our emotional lives is vital to our health.

We will also learn how emotional intelligence can be measured and, more importantly, how one's emotional intelligence abilities can be increased for optimal outcomes. This has led many people to experience enhanced states of higher consciousness and increased positive vibration.

The workshop is divided into two sections, with a break for lunch in between:

PART ONE:

- Introduction to the relevant research literature pertaining to the value of emotional intelligence and how the scope of EI affects higher consciousness in our rapidly changing world.
- Experiential skill-building through engaging exercises in the areas of emotional identification, using emotions, understanding emotions, and emotional regulation for optimal outcomes for self and influence with others.

PART TWO:

- Work through a challenging situation by using our unique emotional blueprint involving such questions as What emotions are you and others experiencing? How are these emotions directing and impacting thinking? What caused these emotions and how might they change? How do you manage your emotions and the emotions of others?

- Learn to have you think *about* emotions, think *with* emotions, discern emotions, *feel* emotions, influence others to feel emotions and to build your self-awareness around the emotions (both overt and subtle) which you elicit and feel for more effective outcomes.

Each participant will leave the workshop with a do-able and immediate action plan for continued development.

Susan A. Kornacki is the President of EI Skills Group and founder of HR Power Associates. She achieved the highest rating in the world as an Emotional Intelligence trainer on the standard EI ability model course (MSCEIT). Susan is presently co-hosting a series of workshops on Spiritual Intelligence.

Susan has over a decade of consulting experience with such clients as Harvard Business School, University of Chicago GSB, UCD Executive Education in Ireland, London Business School, University of Singapore Medical School and Estee Lauder. Susan is also a certified Qigong instructor and has great respect for the knowledge gleaned from indigenous cultures around the world.