Equipping TIGERS WITH EQ

Did you know that Emotional Intelligence (EQ) is one of the most sought-after interpersonal skills in the workplace? In a time when artificial intelligence is on the rise and technical jobs are becoming scarce, possessing strong **EQ** will help secure your place for a prosperous professional future. EQ is critical for leadership roles and improving your emotional intelligence is what will help you more successfully coach teams, manage stress, deliver constructive feedback and cohesively collaborate with others.

In partnership with the Center for Arts Integration in Business Performance (CAIBP) and the Avron B. Fogelman Center for Professional Career Development (CPCD), we are offering a two-part series designed to equip you with the must-know aspects of Emotional Intelligence.

Ms. Kathryn Todd
BBA Management '24 | FCBE
Executive Board Member | SHRM

Dr. Gregory Boller
Associate Dean | FCBE
Co-Director | CAIBP

Dr. Wendy Bedwell-Torres
Assistant Professor of Teaching | Dept. of MGMT
Director | Executive Training

Part I: Emotional Awareness
Wednesday, Jan. 31
9:30 AM-NOON | FIT Fishbowl

SCAN TO REGISTER

In this workshop, you will learn:
- How to develop richer emotional vocabularies & range of emotional expressions for better interpersonal communication
- Emotional recognition skills that enhance empathy & comfortability of emotions in yourself and around others
- To demystify the importance of emotions in human communication & interpersonal relationships

---

Part II: Emotional Management
Wednesday, Feb. 7
9:30 AM-NOON | FIT Fishbowl

SCAN TO REGISTER

In this workshop, you will learn:
- The power & influence your emotions have on others and how to communicate more effectively using controlled emotions
- Coping techniques & how to communicate more effectively in particularly intense experiences
- How to interpret & control non-verbal expressions

You are highly encouraged to attend both sessions, but you may register for only one if schedules preclude attendance of both. Registration is required. Space is limited to 30 people per session.

THE UNIVERSITY OF MEMPHIS®
Fogelman College
of Business & Economics