

Emotional Intelligence – virtual training

Brain Squared Solutions



Emotional intelligence can dictate how well you do in your relationships, friendships, career, parenting, and so much more. But what does being “emotionally intelligent” really mean? How can you use emotional intelligence to build trust, manage difficult discussions, build resiliency and enhance team performance?

It starts with self-awareness and ends with knowing how to manage your own emotions and the emotions of others. It is also important to understand the neuroscientific influences of emotions on yourself and others.

September 9, 2021 8:30 am – 12:00 pm

**** you will be sent the link and handouts prior to the training ****

Sign up via:

 Staff Development
SMART System

 Staff Development

925-608-4570 staffDev@ehsd.cccounty.us

Supervisor Approval needed