



Emotional Intelligence Workshop

Friday, March 6, 9:30-3:30

Malta Presbyterian Church

The Mentoring Task Force of Albany Presbytery invites **EVERYONE** to attend the Emotional Intelligence (EI) Workshop led by Keli Rugenstein, Executive Director of Eastern Door Counseling Center. This interactive workshop will address both the concept and practical applications of the practice and development of emotional intelligence. These concepts will be presented:

- Universality of emotions and their meanings
- The difference between emotions and moods
- How emotions can be effectively used, understood, and managed by leaders to achieve the best results from interpersonal interactions
- The impact emotions can have on a group and how to manage this
- The benefits and pitfalls of each of the common traits
- What each leader needs to be aware of due to their own traits
- Emotion and conflict

Prior to the workshop, participants will have the opportunity to take the newest EI assessment, The Trait Emotional Intelligence Questionnaire (TeiQ), and it will be interpreted at the workshop. This instrument measures 15 individual traits that are measures of emotional intelligence, including a leader's adaptability, self-motivation, empathy, impulse control, and social awareness.

There will be practical interactive exercises during the workshop that demonstrate the use and/or development of emotional intelligence.

FOR MORE INFORMATION AND TO SIGN UP BY FEBRUARY 22: CONTACT

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