

Title of Presentation:

Emotional Intelligence for Health Care Professionals

Speaker:

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Purpose:

Emotional Intelligence (EI) unlike the name implies, describes the ability to understand your own feelings and recognize the emotions of others. As a workforce, we often struggle with working with multi-generational colleagues and the complexities of the healthcare industry. Understanding the practical aspects of EI can have a profound impact on your personal and professional life.

Objectives:

In this presentation, participants will explore the four components of EI and reflect on how they can be applied in our daily interactions by:

- Recognizing how controlling impulsive feelings and behaviors can improve our interactions with others.
- Gaining an understanding how self-awareness impacts your thoughts and behaviors.
- Describing how being mindful of the emotions of others can improve how and when we communicate.
- Discovering how emotional awareness can strengthen the quality of our relationships