



# Conversations & Connections

Ginny Wilson-Peters invites you to attend a six-part luncheon series based on **The Power of Emotional Intelligence**

Enroll for the entire series or any number of individual sessions!

To reserve your spot in this popular series, contact us today!

## 1. Emotional Intelligence (Tuesday, March 13)

EI: What is it and why does it matter for leaders? Studies have shown that 85-90% of the difference between average and outstanding leaders can be linked to Emotional Intelligence. This session will introduce the concepts of Emotional Intelligence and discuss how leaders tap into EI in a variety of ways in order to enhance their effectiveness. Learn the four elements of EI; sources for measuring your own EI; and when to use the six leadership styles that tap into EI.

## 2. Self-Awareness (Thursday, April 5)

Also known as "Knowing Your Stuff", self-awareness is the ability to read your own emotions and know your strengths and weaknesses. When 75 members of the Stanford Graduate School of Business's Advisory Council were asked to recommend the most important capacity for leaders to develop, their answer was nearly unanimous: Self-Awareness!

## 3. Self-Management (Tuesday, April 17)

Are you able to step outside yourself and observe your thoughts and communications from an uninfluenced perspective? Your life experiences contribute to the emotions that come up in difficult situations but you can learn to take a step back, understand the bigger picture, and take thoughtful action.

## 4. Social Awareness and Political Savvy (Thursday, May 3)

Are you looking for new ways to face the challenges with the conflict, collaboration, and communications of office politics? This session teaches more meaningful and strategic ways of communicating and influencing others by digging deeper into the true agendas behind the actions and feelings of your boss, your co-workers, and subordinates. Once you learn to identify agendas that drive issues and projects, you can communicate, make decisions, and act from a new perspective. Learn the elements of Social Awareness and key tips for developing political savvy.

## 5. Managing Team Relationships (Tuesday, June 5)

Stock your management toolbox with a variety of skills designed to create stronger teams within your organization! Learn the elements of relationship management, including effective ways to influence others at all levels of the organization, and participate in hands-on exercises for developing relationships that you can take back to your workplace.

## 6. Managing Relationships through Change (Tuesday, June 26)

Hint—80% of significant changes fail because of the lack of time and resources devoted to helping people through the transition process. In this session, we'll take the relationship management discussion one step further by learning how to deal with change and help others navigate the stages of change successfully.

**OPEN TO MEN AND WOMEN FROM ALL INDUSTRIES!**

Dates: **Listed next to each session.**

Time: **11:30 a.m. - 1:30 p.m.**

Location: **Kirkwood Training & Outreach Services**  
3375 Armar Drive, Marion, IA

Cost: \$175 pre-register for the series of six or \$35/session.  
Registration includes lunch, program, materials & networking.

**To register:** Call **Becky Lorentzen** at **319-310-4938** or email **BLorentzen@IntegrityIntegrated.com**.

[www.IntegrityIntegrated.com](http://www.IntegrityIntegrated.com)

Visit us online at  
[www.IntegrityIntegrated.com](http://www.IntegrityIntegrated.com)

*"In the Conversations & Connections lunches, Ginny has helped me to discover myself and my leadership style with her use of real-life examples, in class practice, and group discussions."*

**- Rebecca Reck,  
Rockwell Collins**