

Emotional Intelligence and Its Impact in the Workplace

Wednesday, November 13, 2024

Research indicates that Emotional Intelligence (EQ) is an essential leadership competency, and critical part of driving performance improvement, beyond “book knowledge” alone. In both our personal and professional lives, success depends upon **self-awareness** and the capacity for **social awareness**—to better understand, empathize, and work collaboratively with other people, particularly as the value of diversity deepens in society.

This virtual program is designed to help **all** healthcare professionals—clinical and non-clinical—develop new insights and competencies that will impact both personal and organizational development.

At the conclusion of this program, participants will be able to:

- Explore the relationship between two parts of the brain: the “thinking” or “rational” brain and the “feeling” or “emotional” brain.
- Explain the four Domains of Emotional Intelligence (EQ).
- Apply strategies to improve your EQ.

For additional information, contact CHA Education Services at 203-294-7263 or EducationServices@chime.org.

This program is administered through CHA's education affiliate.



Virtual Program:
9:00 a.m. - 12:00 p.m.



Presenter:

Sarah Campbell Arnett, MA, NCC, BC-DMT, Certified Coach, has worked in healthcare for almost 25 years. She is a Board

Certified Coach and Certified Change Management Professional. Ms. Arnett worked with the executive team, managing change at Cone Health in Greensboro, North Carolina. She facilitates executive leadership training and coaching for teams and individuals. She specializes in leadership and team development and conflict resolution, and is a popular presenter of CHA programs.

Registration:

\$225 per employee of CHA Member organizations

\$275 per employee of CHA non-member organizations