

The EQ Advantage – The Power of Emotional Intelligence

Summary:

Emotional Intelligence (EQ) is a critical skill that drives leadership effectiveness, enhances teamwork, and strengthens decision-making. In today's dynamic work environment, the ability to manage emotions, build relationships, and navigate challenges is a key differentiator for professional and personal success. This interactive workshop will equip participants with practical strategies to develop and apply EQ, fostering resilience and workplace effectiveness.

Topics to be covered:

- What is EQ
- Why EQ is a performance enabler
- Exploring the components of EQ
- Taking action to build EQ

What you will learn:

By the end of the class, you will be able to:

- Explain why EQ is a performance differentiator for leading self and others
- Identify and describe the five core components of EQ and their related competencies
- Assess personal strengths and areas for improvement with EQ
- Develop an action plan to apply EQ strategies for personal and professional growth

About your presenter: Paul MacLoughlin, PhD, is a leadership development consultant, executive coach, and talent strategist. His passion is to enable individual, team, and organizational performance through people focused solutions. Paul has over 25 years professional experience working across multiple industry sectors, and organizations. Through his consulting practice he supports leaders from global fortune 100s to local non-profits. Outside of his consulting practice, Paul teaches Management classes at the College of Charleston, and he is active in his local community. Connect with Paul on [LinkedIn](#).

Vitals:

Cost:	\$30 (\$20 CDC members)	Difficulty:	All levels of experience
Class start time:	TBD	Computer:	Not Required
Class Length:	2 hours	Scholarships:	Available
Class size:	20 persons		

Location: 4 Conroy Street, Suite A, Charleston, SC 29403

Parking: Charleston Tech Center Garage