



416 Community Support for Women a program of LOFT Community Services invites you to a FREE Change Room Event



Emotional Intelligence

Emotionally intelligent people are able to identify and assess their emotions and those of others and then use that information to guide their actions and influence the actions of others. While cognitive skills are important, it is emotional intelligence that has the greatest impact on people's ability to be productive and work well with others. Participants in this workshop will learn to utilize emotional intelligence more effectively through both self-assessment and skill development exercises, resulting in an increased ability to engage more effectively with others and expand their influence.

Thursday May 18, 2017

1:45 -3:00

519 Church Street, Toronto ON

About the Speaker

Christina Reimer, a speaker from ACHIEVE, has a diverse background as a leadership trainer, director and team building and conflict resolution facilitator. She also teaches university courses on world religions and ethics. Christina has traveled extensively and worked internationally for non-profit organizations. She believes that communicating well is one of the keys to creating healthy working environments.



Please RSVP to Tia at TClark@Loftcs.org or by calling 416 928 3334 #223