

Emotional Intelligence for Sustainable Success

Presented By: Sandra Horton

Sandra J. Horton holds a Master's degree in Leadership from Royal Roads University. She is an experienced speaker, facilitator and is a EQ-i 2.0 certified Leadership practitioner.

Sandra is a Co-Founder of Women's Collaborative Hub and Ubuntu StratEdge. Women's Collaborative Hub is a company dedicated to the empowerment of women; while, Ubuntu StratEdge concentrates on enabling organizations to build sustainable business activities that embrace culture and diversity. Sandra also chairs GroYourBiz™ MyBusinessMyBoard – Tri-Cities meeting which is a peer-to-peer advisory board for local professionals and business owners.

Sandra has spoken on and facilitated Emotional Intelligence training workshops across Canada both within the healthcare field and B2B sector. Some of the workshops she facilitates includes: Managing Change, Life Transitions, Transformational Leadership, and Gender Management.



Visit www.womenscollaborativehub.com for more information on upcoming events, workshops, and Ubuntu StratEdge program links.

What the Presentation will Cover:

Emotional Quotient is the single most important indicator in producing people who are able to work effectively in organizations at the highest levels or individual leaders. Long term sustainability requires that people go beyond I.Q. and develop their full E.Q.

EQ-I is a scientifically researched and proven way of taking your personal leadership to the next level and to achieve the results you truly want personally and professionally. It has a greater impact on people's ability to be productive and work well with others than cognitive intelligence.

This workshop will help you to understand:

- Why EQ matters more than IQ
- How to manage negative emotions
- Having a high EQ can help take your business from good to great
- How EQ can differ between man and women
- How you impact others
- How Social and Culture intelligence are equally as important
- Why some people excel while others who appear to have similar capabilities lag behind