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## Emotional Intelligence—An Overview

by Angela Lawrence, The Cinnamon Coach

Wednesday 14th April, 1230 to 1345 at The IBS

### Seminar

*“As long as there is more than one person in the world and he or she has to interact with someone else, emotional intelligence will be important”.*

Steven J Stein

You may already have heard the term Emotional Intelligence. Perhaps you dismissed it as “fluffy stuff” or as something not relevant to your business – or to you personally. Maybe you thought it was just to do with IQ and how many qualifications you had.

In this brief seminar Angie will tell you a little of the history of EI and how it impacts on every one of us, how it affects our relationships with family and friends; influences our interaction at work and shapes who we are as people. You will discuss the difference between IQ and EI and look briefly at the Five Steps to Emotional Intelligence and how we can use our Emotional Intelligence, not only to build our self-confidence set and achieve our goals but how it can help bust through the stress that we ALL face in one way or another. Finally, Angie will give you a quick questionnaire to take away so you can assess your own current Emotional Intelligence.

Angie hopes you will come to this seminar with an attitude of curiosity and leave even more intrigued to find out more about how Emotional Intelligence can – and will – enrich your life.

### Schedule!

12:30 - Buffet Opens  
12:45 - Seminar Starts  
13:45 - Seminar Ends

### Speaker - Angela Lawrence

Angie is the person behind The Cinnamon Coach and has recently launched “Cinnamon Online”, the Island’s first online coaching programme. She also runs personal development workshops, most notably Emotional Intelligence 101 (running for the second time on Thursday 22nd April 2010). Her “coaching toolkit” includes a Master Practitioner Qualification in NeuroLinguistic Programming (NLP) and a Certificate in First Line Management from the ILM. She is also a certified hypnotherapist and is about to embark on a course of study leading to qualification as a psychotherapist.

She is lucky enough to live in the beautiful south of the island with her husband and two reprobate dogs. When not coaching, studying or wrestling with Facebook, Angie is attempting to establish a vegetable garden in trying circumstances!



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Web: [www.cinnamoncoach.com](http://www.cinnamoncoach.com)

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### Questions? Please contact:

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### 1. The Seminar

Date 14th April 2010

Topic Emotional Intelligence—An Overview

How did you learn about this seminar? \_\_\_\_\_

\_\_\_\_\_

Why do you wish to attend this seminar? \_\_\_\_\_

### 2. Your Contact Details

Full Name \_\_\_\_\_

Male  Female

Organisation \_\_\_\_\_

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Tick this box if you would like to be invited to future CPD seminars by email.

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### 3. Special Needs or Support

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Physical disabilities

Other Please provide details:

### 4. Emergency Contact(s)

Name(s) \_\_\_\_\_

Relationship to You \_\_\_\_\_

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