

# Do You Have the Hallmarks of High Emotional Intelligence?



Emotional intelligence (EI) or emotional quotient (EQ) — combining our thoughts and feelings to take the most effective action, discerning the emotions of others, and building relationships — is widely regarded as more important than even IQ. Those with high EQ are better able to work in teams and adjust to change. And as the global economy and new technologies continue to evolve, the importance of these qualities only increases. Those with high EQs have been proven to enjoy more prosperity in life.

Fine-tune your emotional intelligence with a new online course offered through San Diego State University's College of Extended Studies, and immediately begin reaping the rewards.

## Emotional Intelligence in the Workplace — Online

Dates: Sept. 11–Oct. 9

In this interactive online course — through instructor mentoring, group discussions, in-class and out-of-class assignments, and personal journaling — you'll learn:

- How to recognize, understand, and manage your emotions; take an emotional intelligence test for a comprehensive view of what your EI looks like.
- How to identify behaviors that are hallmarks of high emotional intelligence, and explore its connection to advanced workplace performance.
- How to increase your EI skills and your ability to influence others.

**Time to complete:** 20 hours

**Fee:** \$295 (2 CEUs available for an additional \$70)

Register by Sept. 1 for a 10% discount: \$265 (\$30 savings)



### Meet the Instructor

Jessica Ordonez-Steenblock is the Human Resources director at Montage Laguna Beach, an ultra-luxury hotel and resort. In 2015 she was awarded the WIL (Women in Lodging) Connect Leader of the Year award through the California Hotel & Lodging Association, Stars of the Industry Awards. She has a Bachelor of Science degree in International Business from Pepperdine University, and an MBA from Alliant University.

Visit the website in June to register for Emotional Intelligence in the Workplace — Online [neverstoplearning.net/ei](http://neverstoplearning.net/ei)

For additional information, please email [hr.ces@sdsu.edu](mailto:hr.ces@sdsu.edu) or call **(619) 594-2517**.

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