

## Harness the Power of Your Greatest Personal Resource for Life and Work

“ I not only have better relationships at work and in my personal life, but also a better, happier life. ”



*“Life is richer when you feel it.”*

Emotional Intelligence Master Trainer and author of **EMOTIONS: An Owner's Manual**, Joie Seldon has taught 1000's of CEOs, creative professionals and women not satisfied with the status quo how to **advance their careers, manage family drama** and **fulfill ambitions**. Her ability to break down the complex world of emotions into **easy-to-understand** and **actionable** concepts and tools brings life-changing results and rave reviews.

A former acting and improv teacher, Joie offers a **highly accessible** and **fun approach** to harnessing one of the **most underutilized yet powerful resources** we have – our emotions.

### Why Emotional Intelligence?

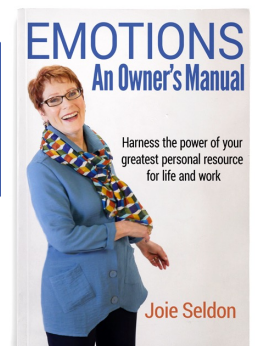
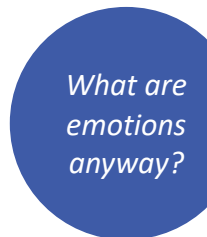
- Get the recognition (and promotion) you desire
- Handle difficult people and get results
- Be a powerful female leader . . . *your way*
- Manage family dramas

### Myths About Emotions

- Emotions make you weak.
- Some emotions are negative.
- Emotions just happen to you.

### HOT TOPICS

- Making Emotions At Work – Work!
- #1 Myth About Emotions that Holds Us Back
- Where Men Go Wrong About Women's Emotions
- Coping with COVID: How to Build Up and Not Burn Out
- How Leaders Miss the Mark About Emotional Intelligence



**Get: 5 Steps to Prepare for a Difficult Conversation @ [www.JoieSeldon.com](http://www.JoieSeldon.com)**

