



SAYMORE  
training & development

# EMOTIONAL INTELLIGENCE

Identify patterns, triggers and  
emotional habits that either drive or  
derail your performance

# EMOTIONAL INTELLIGENCE

Identify patterns, triggers and emotional habits that either drive or derail your performance



[www.saymore.info](http://www.saymore.info)

# WHAT IS IN THIS TRAINING?

EMOTIONAL INTELLIGENCE, OR EI, DESCRIBES AN ABILITY OR CAPACITY TO PERCEIVE, ASSESS, AND MANAGE THE EMOTIONS OF ONE'S SELF, AND OF OTHERS.

Whether you are a formal manager or want to increase your individual performance (or both), this program will teach you the foundational principles and brain science of Emotional Intelligence (EI).

Focusing on managing your emotions under pressure, this program will enable you to increase your personal leadership by learning how to manage your emotional brain in your most difficult moments. This will allow you to influence and engage others, and connect with them in a more meaningful way.