

# EAPA PITTSBURGH CHAPTER

INTERNATIONAL



LABOR • MANAGEMENT • CONSULTANTS

President:

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## FEBRUARY *MEETING ANNOUNCEMENT*

**When:** Tuesday, February 19, 2007

**Where:** Westinghouse Research Center, 1382 Beulah Rd., Pgh., PA 15235

The site is located off the Parkway East at the Churchill exit. After going through the security gate, go around to the right to the rear of the building complex and follow the signs to the third floor conference room. Call me if you have questions. (More complete directions attached.)

**Time:** 8:30-9:00am Introductions & Business Meeting  
9:00-11:30 a.m.

**Program:** Emotional Intelligence at Work

*Presenter:* Linda Sturdivent

The concept of emotional intelligence (EI) has been with us for awhile. However in recent years the concept of EI has been adapted and found to be quite useful when applied to the workplace.

Years ago, it was thought high intelligence was a good predictor of success at work. So a high IQ was valued. In a changing work environment we now know membership in MENSA does not correlate with success. Then what does? A high Emotional Intelligence score is a great predictor. Daniel Goldman's definition of EI is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions in ourselves and in our relationships.

This presentation will explain the concept of EI and how it can help our clients attain their goals at work and home.

## **Emotional Intelligence at Work**

### •Objectives

- Define "Emotional Intelligence"
- Review components of emotional intelligence
- Recognize the role of emotional intelligence (EI) at work
- Identify applications to the workplace
  
- Learn how to help client's regulate their emotions at work

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## IMPORTANT DATES AND OTHER NEWS OF INTEREST:

Future Pittsburgh Chapter EAPA Meetings: Third Tuesday of the month except August (no meeting). Meeting place varies each month and hosted by supportive organizations.

Next EAPA meeting: March 18, 2008

Chapter members wishing to make additions, deletions or any other changes to the mailing list, please email to [jshan725@aim.com](mailto:jshan725@aim.com) or contact Judy Shannon at 724-413-5716.

We are attempting to decrease mailing costs by providing the EAPA Chapter Newsletter via e-mail. If you do not have access to a computer and need to have the Newsletter mailed to you, please contact Judy Shannon at the address below. There is a \$10.00 annual fee to cover mailing costs for non-members.

Judy Shannon  
Greenbriar Treatment Center  
visit our web page (under construction) – [www.eapa.net/pittsburgh](http://www.eapa.net/pittsburgh)

THANK YOU FOR YOUR COOPERATION!!!!