



## Graduate Pathways to Success and Life & Career Centre Series: Leading with Emotional Intelligence

**Tuesday, April 14, 2015, 9:30 AM – 12:30 PM**  
**Thea Koerner House, 6371 Crescent Road, Point Grey Campus**

Is there more to being smart than just IQ? Absolutely! Research consistently shows that a person's Emotional Intelligence (EI) is a key factor associated with success in career advancement, relationships and overall well-being. It is also vital to leadership. The good news is that you can develop skills in EI to be a better leader: to develop and influence others, build relationships and create environments that support the realization of common goals. This workshop will establish links between EI and leadership, and will explore the fundamentals of emotional management. We often think that feelings can be left out of the world of work; yet, they actually form the subtext of every encounter we have. Learning to work with emotions, rather than denying and ignoring them, will have a positive impact on your life, career and leadership paths.

This workshop will introduce you to the concept of EI and help you to develop skills to:

1. manage your emotions, regulate your behavior and act wisely across situations
2. communicate what you want in a way that reduces negative reactions in others
3. take the lead in fostering a work environment that energizes, motivates and optimizes performance

**Instructor:** Sally Halliday, MA, RCC, CCC, is a registered clinical counsellor with over a decade of professional experience as a clinician, instructor and workshop developer. Inspired by her own career change from journalism to counselling, Sally's teaching, clinical work and academic research are focused on supporting others to make successful life and career transitions. Sally is a respected instructor associated with such notable programs as Working on Purpose: Life Shifts and Job Change. She is a member of the BC Association of Clinical Counsellors and the Canadian Counselling Association.

**Registration:** Priority will be given to UBC graduate students registered in the current academic session. Register at: <https://community.grad.ubc.ca/gps/event/12627> .

Applicants will receive confirmation within two working days. If you experience any difficulty using the online registration tool, please send a message to: [graduate.pathways@ubc.ca](mailto:graduate.pathways@ubc.ca)

**Refreshments:** Beverages will be provided. Please bring your own mug.

For info on upcoming Graduate Pathways to Success Events, please visit: [www.grad.ubc.ca/pathways](http://www.grad.ubc.ca/pathways)

**We appreciate the support of the Graduate Student Society for this event.**