

Elevate Your Leadership

# EMOTIONAL QUOTIENT

## WORKSHOP

### Elevate Your Leadership: The Emotional Quotient Workshop \$995

April 9 & 11, 2024 | 1pm – 5pm

NEW  
DATES

The Emotional Quotient Workshop is an eight-hour in-person course that takes place over two afternoons. Your Emotional Quotient is a specific set of observable and measurable emotional and social skills that impact the way people perceive and express themselves, develop and maintain relationships, cope with challenges, and use information in an effective and meaningful way. The workshop includes the MHS EQi 2.0 Assessment, a customized workbook, and eight-hours of training to gain foundational knowledge, strategize on development, and participate in large and small group activities led by executive leadership coach Jennifer Roelke.

at St. Cloud Technical & Community College, Customized Training  
1215 15<sup>th</sup> Street North, St. Cloud, MN 56303

### Individual Debrief of Your EQi 2.0 Results \$495

#### Optional Add-On

Deepen your learning of your individual EQi 2.0 assessment results by registering for this **optional add-on**. This session will be scheduled per the instructor and your availability prior to the first day of the workshop and will be conducted virtually over video conference. The Individual Debrief is not required to participate in the workshop; however, it can greatly benefit your understanding of your unique individual assessment and give you valuable personal insight.

### About Jennifer Roelke, SPHR, SHRM – SCP, CMP

Jennifer Roelke is the President and Founder of Strategic People Consulting and has been working with leaders to elevate their performance for over twenty years – from frontline supervisors to C-suite executives. She believes in connecting to your potential through human connection. Jennifer's practice is built on Elevating Your Leadership, Anticipating Your Future, and Humanizing Your Workplace. She is nearly complete with Coach certification through the College of Executive Coaching and is on her way to International Coaching Federation Accreditation.

### St. Cloud Technical & Community College Customized Training

The Customized Training department of St. Cloud Technical & Community College strives to strengthen the region by helping to advance the skills of the area workforce. The team partners with business, industry, nonprofit, and government organizations to assess needs and implement customized training solutions to support organizational growth, productivity, and employee attraction, retention, and development.

