



# THE AVALON INSTITUTE

# EMOTIONAL INTELLIGENCE MASTER SEMINARS

Emotional Intelligence – it's a skill. It can be developed.  
We show you how!



## **MASTERING EMOTIONAL INTELLIGENCE LEVEL 1** *(one Day)*

One day of curriculum focused on increasing Emotional Intelligence skill levels using 66 best proven strategies. This one-day program is designed to introduce Emotional Intelligence to your team and give them the tools to develop their Emotional Intelligence.

### *Learning About Emotional Intelligence Just Isn't Enough*

☉ Participants need to be engaged in their learning and given a clear, practical pathway to build new skills. Mastering Emotional Intelligence does just that. Since 1996, our partner's have been developing and testing this curriculum with clients, and have packaged for you only what works best. We use the latest in experiential activities, based on science but adapted to be simple and active for all learners.

---

## **MASTERING EMOTIONAL INTELLIGENCE LEVEL 2** *(one Day – Level 1 is a Pre-Requisite)*

This next phase of EQ skill development builds sophistication in personal and social competence. This advanced curriculum (built upon the basics learned in Level 1) develops deeper understanding and advanced skills practice. Over the course of a day, we will help your team expand their mastery of emotional intelligence expertise.

- ☉ As a learning and development professional, you know that developing new skills in others doesn't happen overnight. Participants need several touch points over time where past knowledge is built upon, new connections are created, and real-life practice opportunities are made available. Mastering Emotional Intelligence Level 2 was created to follow Mastering Emotional Intelligence Level 1 with this very goal in mind.
- ☉ Mastering Emotional Intelligence Level 2 will push your participants to think in new ways about how their emotions operate day-to-day, considering the moments at work and in life that often go undetected or dismissed—and unresolved. Through the latest in adult learning techniques, Mastering Emotional Intelligence Level 2 will facilitate conversations, self-reflection, thinking, and skill practice to build savvy approaches to dealing with daily hassles and big challenges.



# MASTERING EMOTIONAL INTELLIGENCE

**LEVEL 1:**  
**\$230**  
PER PARTICIPANT\*

**LEVEL 2:**  
**\$245**  
PER PARTICIPANT\*

Discounts May Be Available

Contact The Avalon Institute To Discuss Your Unique Requirements With One Of Our RoundTable™ Team Members!

\*Prices shown are per-participant and do not include travel (transportation, lodging and per-diem) for our facilitator. In order for this program to be facilitated for your team, an appropriate facility with tables and chairs capable of being arranged in groups of 4-6. The facility must also be equipped with audio/visual capability able to display program content via computer (Microsoft® Office Compatible), along with the ability to play music and videos from a DVD. Please contact The Avalon Institute to discuss the unique needs and facility requirements of your team. Maximum participants per seminar engagement offered may apply. Curriculum is licensed under an agreement with TalentSmart® and presented by trained Avalon Institute facilitators. Pricing subject to change.

FOR MORE INFORMATION, CONTACT [INFO@AVALONLEADERSHIP](mailto:INFO@AVALONLEADERSHIP) ➤ PO BOX 6290 - WASHINGTON, D.C. 20015