

## HR Professional Development Center Spring 2024

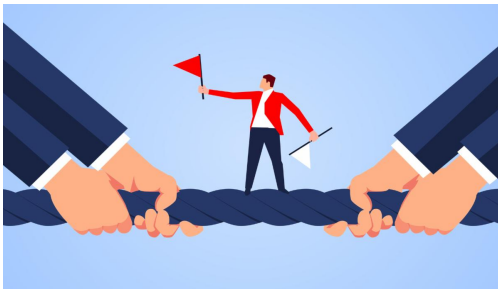
### **Emotional Intelligence: The Secret Superpower**

Studies show that success in our careers is not necessarily based on our IQ, but more often on our EQ, or Emotional Quotient. This workshop reviews the importance of understanding your emotional intelligence, and the differences between your EQ and IQ. It also reviews the five basic emotional competencies: self-awareness, handling emotions, motivation, empathy, and social skills, as well as strategies for enhancing these competencies.



**Tuesday, January 30, 2024  
12:00PM to 1:00PM**

[Register Here](#)



### **Managing Conflicts in the Workplace**

When people come together, they often bring their differences with them, making it possible for conflicts to occur. In today's challenging environment and regularly added pressures, these factors can exacerbate and contribute to increased disagreements and miscommunications, both personally and professionally. This webinar explores how to

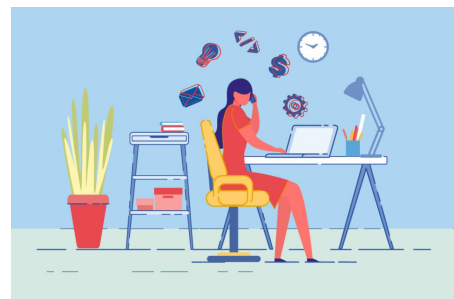
manage interpersonal conflict more effectively at work and at home, as well as how to employ skills and strategies to increase open and effective conflict resolution.

**Wednesday February 14, 2024  
11:00AM to 12:00PM**

[Register Here](#)

### **Working through Stressful and Changing Times**

Change is everywhere, and without it we would be stagnant as individuals and organizations. People respond differently to what we call "change," so how can we make it work for everyone? This workshop examines what change means for employees and organizations, and how they can get on the same page when discussing and understanding its



attributes, benefits, and pitfalls. For most people, adjusting their perception and viewpoint can help them adapt more successfully to changing roles and environments.

**Wednesday, March 20, 2024  
10:00AM to 11:00AM**

[Register Here](#)

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**Working Well with Different Personality Styles**

Whether working onsite or remotely, we will undoubtedly encounter a variety of personalities in the workplace. When someone has a different communication style or personality type, it can create conflict, affecting your job and productivity. Finding ways to meet the other person and situation where they are, and adjusting as needed, is an invaluable skill to help reduce conflict in the workplace. This webinar explores effective techniques to bridge personality differences and find common ground to enhance communication and productivity.

**Tuesday April 30, 2024  
2:00PM to 3:00PM**

[Register Here](#)

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**Virtual Meetings and Events – How to Be an Impactful Host**

It's safe to say that virtual meetings and events are here to stay. Due to the pandemic, virtual hosting has become the new norm for team meetings and large events. Given the benefits of reduced travel costs and the ability to reach a wider audience, meeting and event organizers will continue to use virtual platforms well into the future. This session will provide you with the support you need to enhance communication and team collaboration in this new working environment. Additionally, managers will learn about the benefits of virtual events, available tools, and facilitation skills to help you fully engage participants, whether it's five or 100.



**Tuesday, May 21, 2024  
11:00AM to 12:00PM**

[Register Here](#)