



# EMOTION EDUCATION™:

## How to increase EMOTIONAL INTELLIGENCE

**Joie Seldon** breaks new ground with her innovative approach to teaching Emotional Intelligence. She delivers lively, compelling, information-packed presentations, imparting practical, real-world knowledge about emotions.

Thirty years of experience as a professional actor and acting teacher allows her to be truly present and spontaneous with her audience. She strikes the perfect balance between the seriousness of the subject and a light-hearted approach.

Joie also holds a Masters degree in Counseling Psychology and has a private practice in the Bay Area, in addition to teaching and lecturing on Emotional Intelligence.



### *Emotion Education™ provides tools to:*

- Reduce stress
- Manage and reduce conflict
- Become an effective manager or leader
- Improve personal and professional relationships
- Move through procrastination and “stuckness”
- Manage difficult emotions, such as anger, sadness and fear
- Unleash creativity and innovation
- Increase productivity

### *Emotional Intelligence has four main components:*

- Self Awareness
- Self Management
- Social Awareness
- Social & Relationship Management

It is easy to find lists of things that can be done to increase emotional intelligence, but not *how* to do them.

**This is what Emotion Education™ with Joie Seldon provides, the HOW of Emotional Intelligence.**

“Joie knocked them dead! I have never seen my club be so attentive and engaged with a speaker. Your talk was just sublime, supreme and way cool.”

- Judith Glass, Real Estate Broker



“Joie Seldon delivered all I expected and more. She kept us engaged every step of the way with her wit, warmth and down-to-earth delivery. We all walked away with a more confident outlook on our value as women in the business world-emotions and all!”

- Sharon Foot, Program Chair, Mt. Diablo Business Women





## Topics:

**Available for twenty-minute to one-hour presentations, keynote speeches, half- or full-day workshops, and break-out sessions.**

### Emotions in Business: Assets or Liabilities?

There are many myths about emotions which cause people to suppress feelings rather than process them in appropriate ways. You can improve the quality of your work environment, professional relationships, and create greater success by increasing your emotional intelligence.

#### Learn:

- How to process your feelings without having to express them
- The importance of emotions in good leadership and decision making
- Specific information contained in seven primary emotions
- How emotional intelligence sharpens your ability to think logically

### Self-Awareness: The Essential First Step to Emotional Intelligence

The foundation of Emotional Intelligence is to know and accept what you are feeling. Only then you can manage it in the best possible way. Only then can you manage your relationships with others in the best possible way.

#### Learn:

- Why we have emotions
- The biological components of emotions
- Specific information contained in seven primary emotions
- Tools for increasing self awareness

### Befriending Fear

When we are physically threatened, fear is an easy emotion to identify. In our day-to-day lives, though, we can experience fear that is so subtle, we are hardly aware of its debilitating impact. When we come to know and make friends with our fear we can use it as a trusted ally.

#### Learn:

- The positive aspects of fear
- How to stay grounded and present when feeling fear
- How to manage your fear consciously and take better control in fearful situations

### Five Things You Need To Know About Anger

Anger is perhaps the most misunderstood emotion of all. It is often associated with aggression and lack of control. However, anger can be a very positive emotion when understood, managed, and appropriately expressed or processed.

#### Learn:

- The inherent messages in anger
- Why we need anger
- The difference between genuine anger and defensive anger
- How to stay present and deal with anger without having to express it
- Ways to communicate anger appropriately

Emotion Education™

Phone: 510-536-3335

[joieseldon@sbcglobal.net](mailto:joieseldon@sbcglobal.net)

[www.joieseldon.com](http://www.joieseldon.com)

*Topics can also be customized to the needs of your organization*