University System of Georgia Professional Development Consortium (USGPDC)

The purpose of the consortium is to foster collaboration among USG institutions in regards to professional development to facilitate benchmarking, share development resources and implement best practices.

Regional training centers and regional partnerships have been established throughout the USG.



#### Regional Training Center

Valdosta State University

Registration Assistance: <a href="mailto:training@valdosta.edu">training@valdosta.edu</a>

Customized Training: Becky Murphy- 229-259-5106

### **Regional Partners**

Abraham Baldwin Agricultural College

Albany State University

Bainbridge College

Columbus State University

**Darton College** 

Georgia Southwestern State University

South Georgia State College

FREE class offered through the University System of Georgia Professional Development Consortium.

# Three L's of Leadership

Wednesday, September 10, 2014 from 1:00 PM - 4:00 PM Valdosta State University— University Center Rose Room

According to recent research, effective leaders share a common factor: "they all have a high level of Emotional Intelligence (EI)." This course focuses on building an awareness of EI. Participants will gain an understanding for the emotional intelligence competency framework. They will learn to utilize techniques for increasing their level of self-awareness and gain an understanding of how emotions can influence thoughts, behavior, goals, decision-making, and work/personal relationships. Participants will learn the 3 basic steps to higher Emotional Intelligence, and the class will introduce participants to a cutting edge approach to understanding and developing emotional intelligence.

### **Learning Objectives:**

- Assess your individual El
- Learn and practice EI strategies
- · Create your own plan for EI development

### **Instructor: Faye Altman**

Altman retired from VSU as a licensed counselor. She has provided many training sessions for VSU and is an engaging instructor.

## Register

Online-www.valdosta.edu/training, Select Training Course Registration button Select visitor login

OR

**Call**- VSU Employee Development 229-259-5105

