



# Emotional Intelligence

## Description:

What is Emotional Intelligence? You've probably heard this phrase, but what's all the buzz centered around emotional intelligence in the workplace? Research has shown that emotional intelligence plays a critical role in higher productivity, performance and job satisfaction. Individuals who have a higher level of emotional intelligence are more confident, more capable and earn greater respect from their colleagues. They are also better to stay calm, flexible and focused when workplace crises hit and panic threatens to set in.

This course will focus on the four core competencies of emotional intelligence; self-awareness, self-management, social-awareness, and relationship management.

Participants will learn to develop and implement these competencies to enhance their relationships in work and life by increasing their understanding of social and emotional behaviors, and learning how to adapt and manage their responses to particular situations.

## Bio:

**Aimee Woodring** is currently the Market Credit Manager for Ferguson Enterprises, Waterworks Division for Colorado/Wyoming. Aimee has been with Ferguson Enterprises for 5-years and in the construction credit industry for 25-years. Prior to working at Ferguson Enterprises, Aimee worked for a large multi-national tool fastening and material handling group.

Aimee holds an NACM accreditation as a Certified Credit Executive (CCE) and is a founding member of the Oklahoma Chapter CFDD. She lives in Jenks, Oklahoma, with her husband of 27-years & three children.

## Date:

February 17, 2022

## Time:

8:30 - 9:30 a.m. PT

10:30 - 11:30 a.m. CST

11:30 a.m. - 12:30 p.m. EST

## Price:

Members: \$39.00

Nonmembers: \$69.00

## Location:

Webinar (Online)

## For questions contact:

Shawna Kelly at 971.230.1202 or [skelly@nacmcs.org](mailto:skelly@nacmcs.org).