



Social Emotional Intelligence Training

Great Professional Development Opportunity for Leaders, Managers, and Employees

December 12-14

Holiday Inn Express & Suites Rapid City

645 East Disk Drive, Rapid City, SD 57701

For questions, call the REDCO office: 605.856.8400

Social-Emotional Intelligence is a valuable tool for creating a productive workforce environment in any organization. Maximize your growth potential during this three-day training by learning how to create a leadership culture, hold employees in your organization accountable, and how to become a results-driven organization. This is a great professional development opportunity for all employees.

December 12

Holiday Inn Express & Suites Meeting Room

9:00 a.m. MT – 4:00 p.m. MT (lunch provided)

Workplace Culture

The first day will focus on identifying your workplace culture and gaining the skills necessary to improve it. Learn essential communication skills and how to better empathize with co-workers.

The effect unwritten workplace behaviors have on your organization

- The power of “Checking In”
- Introduction to Workplace Culture

Do you know and understand your organization’s culture?

- Identify Workplace Culture and why it is important
- Understand “Shatterbelts” and how they can help or hurt your culture

Unlock the secret to communication

- Identify and learn communication skills
- Reteach yourself how to listen

December 13

Holiday Inn Express & Suites Meeting Room

9:00 a.m. MT – 4:00 p.m. MT (lunch provided)

Part 1: Let’s talk about you

Part 2: Back to your organization

The second day will focus on identifying stress and practicing skills to become less stressed. Learn how to better communicate with co-workers for a more positive workplace.

Unknown facts about the brain and how it affects you

- Understand why we cannot always think rationally
- Learn why you should appreciate the frontal lobe of your brain

Becoming a better YOU

- Shed stress and empty your bucket
- Ask: What story do you tell yourself? Is it positive? Is it True?

Essential Organizational Communication Skills

- Ask the right questions at the right time
- Learn how to navigate to hard conversations

December 14

Holiday Inn Express & Suites Meeting Room

9:00 a.m. MT- Noon MT

Putting all the pieces together

The final day will allow you to use your new skills to communicate like a leader. Then, practice your skills through role playing exercises.

Communicate like a Leader

- Understand how tone, language, and body language speak for you
- Help those around you communicate like a leader

Role Playing

- Get first-hand experience communicating through the hardest conversations and toughest situations.
- Work alongside trainers and watch it all come together.