

Report #27/03/2015/804

A summary of the Emotional Intelligence Seminar Attended on March 5/15

By David Foote

On March 5/15 I had the privilege (along with Mayor Gibson) of attending a workshop entitled “Emotional Intelligence” facilitated by Shawn McLaren, at the Renfrew County Chambers. This day-long course was designed to review and study one’s emotions and that of others in the workplace; one of a number of courses offered by the ACHIEVE Training Center.

The main topics covered were an introduction to emotional intelligence, the emotional culture in your workplace, responding to your emotions, recognizing other’s emotions and influencing other’s emotions. Each topic was reviewed in detail and most were demonstrated with a practical exercise involving the class, in order to demonstrate workplace emotional situations one could well encounter during a typical workday.

I found this workshop to be personally rewarding, as it focused my attention on my own emotions and how they would impact others in a positive or negative sense; in short, getting along with other people at Council as well as dealing effectively with constituents. Like many seminars, the lessons offered are only a beginning that one could build on through constant review and practice. I thank Council for approving my request to attend the course.

Councillor Dave Foote