

Pre-Assignment Review

The purpose of the Pre-Assignment is to get participants thinking about their current knowledge or feelings about Emotional Intelligence. You will also find a Pre-Assignment handout in the Activities folder.



Try to remember a recent work related event that became emotional. Think of the body language involved as well as verbal and non-verbal communications that occurred.

1. Did anyone lose control of their emotions during the event? If so, was their reaction or emotions an appropriate response to the event?

2. Would it have been better if emotions were kept in check? If so, please expand.

3. What do you expect to learn or take away from the workshop?
