



ONLINE SERVICES AND EDUCATIONAL OUTREACH

SOFT SKILLS IN THE WORKPLACE SERIES

Prior to each in-person course, participants will complete self-report measures regarding each topic which will be used as a point for reflection.

Emotional Intelligence in the Workplace

Explore the four-branch model of emotional intelligence abilities, with special application and emphasis on its role in the workplace. Specific tips for building skills will be offered throughout and attempts made to incorporate examples from your current job.

- September 14

Stress and Coping in the Workplace

We will cover basics of the stress response, including an overview of what happens with our bodies, cognitions, emotions and behaviors, with a particular emphasis on its role in the workplace and workplace stressors.

- October 12

All courses are held:

- Thursdays, 6-8 p.m.
- On the SIUE Edwardsville Campus

Course Fee: \$29*

*Package pricing available for all four courses or multiple employees. Contact lbrock@siue.edu for information.

Conflict and Conflict Resolution

Learn basic strategies for conflict resolution, including personality differences and preferences in styles.

- November 9

Work Attitudes

Learn about the importance of workplace attitudes, including job satisfaction/morale, organizational commitment and work engagement. Antecedents or predictors of these attitudes, including individual personality traits, organizational culture and contextual factors will be explored, as well as work stress, job performance and other resulting outcomes.

- December 14

Learn more and register today!

siue.edu/educational-outreach

618-650-3210

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