

Self-Mastery: Putting Emotional Intelligence into Practice

“One can have no smaller or greater mastery than mastery of oneself.”
— Leonardo da Vinci

In a changing workplace where virtual participation is becoming the norm, practicing higher levels of emotional intelligence is more important than ever. Effective leaders and top performers have learned to practice self-mastery on a daily basis. They possess focus, self-motivation, and the drive to continually move themselves forward toward their goals, especially in times of crisis. Their success can't be chalked up to luck or coincidence—it is a consistent result of their emotional intelligence. This training provides up-to-date research in the field of neuroscience, combined with practical guidance structured to raise levels of self-mastery and personal clarity.

The following learning objectives will be covered:

- 1. Identify four key factors for raising personal self-awareness**
- 2. Learn useful techniques for practicing effective self-management and delayed gratification**
- 3. Detect early warning signs of an emotional hijack to maintain a state of mental calmness and composure**
- 4. Discover how to naturally stimulate the production of specific brain chemicals that heighten your well-being and self-confidence**
- 5. Understand how to harness brain elasticity to optimize thoughts and performance**