



# EMOTIONAL INTELLIGENCE



## **DR. A. DORIS GREENWOOD**

International Certifying NLP  
Master Trainer, German ND  
Naturopathic Doctor & Counselor,  
Expert in Communications and  
Leadership, Business Coach,  
Director of Training Institute:  
*Conscious Solutions*

*... gives you powerful solutions and  
hands-on tools to transform*

*anger*

*stress and anxiety*

*addictions and dependencies*

*fear*

*relationship & intimacy issues*



SPL

For greater Happiness & Success.

And for people who want to work with people

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## What is Emotional Intelligence ?

Emotional intelligence (EQ) is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others.

If you have high emotional intelligence you are able to recognize your own emotional state and the emotional states of others, and engage with people in a way that draws them to you. You can use this understanding of emotions to relate better to other people, form

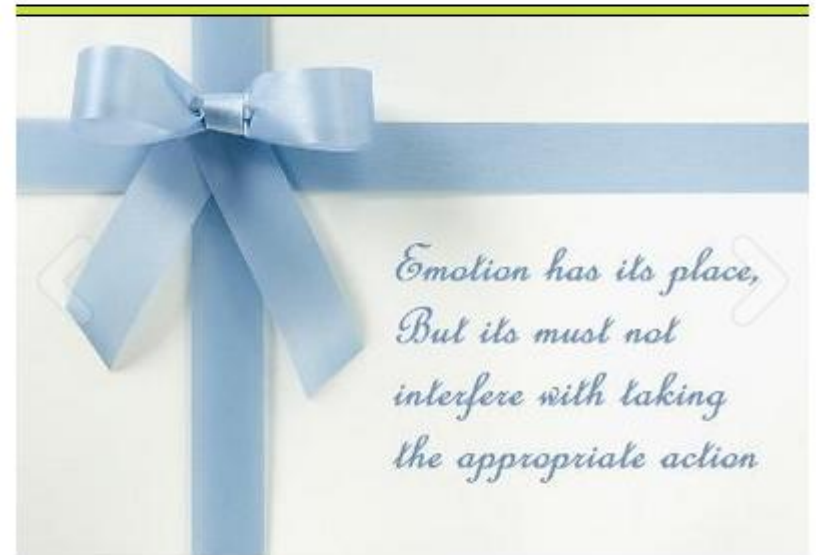


*EQ principles provide a new way to understand and assess people's behaviours, management styles, attitudes, interpersonal skills, and potential. Emotional Intelligence is an important consideration in human resources planning, job profiling, recruitment interviewing and selection, management development, customer relations and customer service, and more.*

*Emotional Intelligence links strongly with concepts of love and spirituality: bringing compassion and humanity to work, and also to 'Multiple Intelligence' theory which illustrates and measures the range of capabilities people possess, and the fact that everybody has a value.*

## Why is emotional intelligence (EQ) so important ?

As we know, it's not the smartest people that are the most successful or the most fulfilled in life. You probably know people who are academically brilliant and yet are socially inept and unsuccessful at work or in their personal relationships. Intellectual intelligence (IQ) isn't enough on its own to be successful in life. Yes, your IQ can help you get into college, but it's your EQ that will help you manage the stress and emotions when facing your final exams.



### Emotional intelligence affects:

*Your performance at work.*

*Your physical health.*

*Your mental health.*

*Your relationships.*

## About the Trainer

### Dr. A. Doris Greenwood

is a Trainer and Coach with more than 25 years of experience and success history. She is one of the three NLP Master Trainers of the Society of NLP and one of five Master Trainers of ANLP.

She instills that every organization, business and individual can produce outstanding results when expressing their true purpose and vision. She believes that effective and long-lasting change occurs through developing the skills that empower emotional intelligence, relationships, leadership and managing change and time.

There is nothing more important to her than being a catalyst for elevating the levels of respect, compassion and effectiveness in individual, team and organizational interactions. She is committed to helping organizations and businesses develop authentic growth and success.

She has a vast cultural background having worked and lived in many countries throughout her career. Her love for people and passion for communication are the foundation of her ability to overcome diversity and create cooperation.

Her purpose is to contribute with her work to a more respectful, enjoyable and conscious world. Her educational background, doctoral and trainer thesis all focused on how thought language and emotion create the patterns for success. She has studied with some of the greatest communication experts in the world which made her develop the mind-set, skills and behaviors necessary to produce specific and measurable results in all of her programs. Various advanced testing and feedback methods guarantee success.

Doris' style is interactive, experiential, entertaining and filled with laughter.



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## Upcoming Trainings :

Dates	Locations
July 25 <sup>th</sup> – 29 <sup>th</sup> July	Emotional Intelligence Practitioner, Goa
30 <sup>th</sup> July – 4 <sup>th</sup> Aug	Emotional Intelligence Master, Goa
28 <sup>th</sup> Nov – 2 <sup>nd</sup> Dec	Emotional Intelligence Practitioner, Gujarat



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*For more details visit :*

***[www.dorislip.com](http://www.dorislip.com)***

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