

Before starting the Emotional Intelligence class, I thought I was in touch with my emotions. What I learned was; I was in touch only with the reaction I was having vs. the root cause of those reactions. Understanding the difference has made all the difference both at work and home.

The study of EI surprised me. There was a noticeable difference both in how I perceived my job & coworkers and I believe in how they perceived me after the changes I learned to make.

Work has been drastically more harmonious since EI changed how I act and I react to the stresses of the job

. Thanks for the class

