



## Navigating Change in Unprecedented Times

### *Emotional Intelligence in the remote workplace*

Utilizing **Emotional Intelligence in the remote workplace**, sometimes referred to as EQ ("emotional quotient"), refers to a person's ability to recognize, understand, manage, and reason with emotions. This session will help you identify and properly manage virtual relationships, reduce negative morale and behaviors, and improve job performance and satisfaction in any organization. The practical application of EQ skills can enhance individual and group decisions and outcomes. The EQ model will highlight personal and professional competencies in the following domains: self-awareness, self-management, social awareness, and relationship management.

Wednesday, May 13, 2020

Time: 3:00 p.m. (EST)

Presenter: Al Zainea



Al Zainea has over 30 years of leadership in higher education. He holds a BA in Outdoor and Environmental Recreation and a MA in Recreation Administration, both from Central Michigan University. He is ABD in Higher Education Administration. Al has been with Central Michigan University since 1988 and is currently the Director, Academic and Professional Programs located in the College of Education and Human Services. Prior to serving in his current capacity, Al held full-time positions including Interim Director, Product Development, faculty member in the Department of Recreation, Parks, and Leisure Services Administration, General Academic Advisor, and Graduate Assistant in Campus Recreation. His academic interest include Emotional and Cultural Intelligence, organizational leadership, and student development theory. He has been awarded the Certificate of Merit for Outstanding Student Advising by the National Academic Advising Association.