



**SACRAMENTO CHAPTER**  
Association for  
Talent Development

# An Emotional Intelligence Deep Dive

An interactive workshop to examine and experience  
the transformative power of Emotional Intelligence (E.I.)  
with Six Academics, Experts, and E.I. Practitioners

ATD Sacramento's Educational Partner in 2014



An all-day special event on  
**Friday, November 21, 2014**

Special sponsor for the Deep Dive is...



## New - All Day ATD Sacramento Special Event for Fall 2014

**When:** Friday, November 21, 2014, 8:15 AM to 3:45 PM

**Where:** Sacramento State, College of Continuing Education, Modoc Hall, 3000 State University Drive East

**What:** An amazing, all-day, hands-on, and interactive workshop on the many facets of E.I.

**Includes:** Workshop materials, a copy of "Put Emotional Intelligence to Work: Equip Yourself for Success" (A \$28 ATD Publication!), access to an amazing group of E.I. experts and practitioners, breakfast, lunch, and PM snack.

REGISTER at [www.astsac.org](http://www.astsac.org)

This exceptional group of academics, experts, and E.I. practitioners will provide a depth of understanding of the models, competencies, uses, and the many performance enhancing facets of E.I.

In addition, the day will be filled with a host of small and large group activities, including:

- Knowing, choosing, and giving yourself E.I. competencies
- Managing feelings and emotions to optimal effect
- Enhancing E.I. to improve relationships and collaboration
- Using E.I. to reduce stress, make better choices, and improve decision making

***You will leave with a toolbox of information, skills, competencies, and tools for your training, coaching, instructional design/development work, and many other aspects of your "talent development" practice!***

### Schedule at a Glance

8:15 - 8:50 AM	Registration, networking, and continental breakfast
8:50 - 10:15 AM	Introduction to the day and Session I with Dr. Mitchel Adler, PsyD., CPG
10:15 - 10:45 AM	Break, Networking Session, and snacks
10:45 - 12:00 AM	Session II with Dr. Dianna Wright Ph.D and Dee Hansford CRP
12:00 - 1:00 PM	Lunch and a few surprises
1:00 - 2:15 PM	Session III with Nick Le Force
2:15 - 2:30 PM	Break and Afternoon Treats
2:30 - 3:45 PM	Session IV with Joan Zeglarski & Patrick Elkins-Zeglarski



**Become a member and save BIG!**

Sacramento Chapter members: \$139

Non-Chapter members: \$189

Purchase a membership and attend for only \$219!

# Session I - "Emotional Intelligence: What Is It.. and How Can I Get Some?"

with Dr. Mitchel Adler, PsyD, CGP

Dr. Adler will open the day with some basics on neurobiology, and then launch into EI. Participants will leave with a working definition of emotions and EI, a basic model for EI; an understanding of our four basic emotions and how to identify, understand and manage them more effectively; and an emerging passion for self-awareness. You will leave Dr. Adler's session feeling more open minded, curious, and ready for the remainder of the day.



## Mitchel Adler, PsyD, CGP

Mitchel Adler is a licensed Clinical Psychologist, certified group psychotherapist and the Director of MindBody Intelligence Consulting. He has served on the faculty of the UC Davis School of Medicine and is co-author of the book, **Promoting Emotional Intelligence in Organizations** (ASTD Press) and other research articles. As a Professional Speaker and Organizational Consultant, Dr. Adler speaks nationally on a wide range of topics including leadership, emotional intelligence, communication and conflict management, wellness and stress management. Dr. Adler also has a private psychotherapy practice in Davis where he sees individuals and facilitates psychotherapy groups. He is an avid film enthusiast, a "weekend warrior" basketball player, and a doting father of two daughters.

# Session II - "1, 2, 3... You're Emotionally Intelligent"

with Dr. Dianna Wright, Ph.D. and Dee Hansford, CRP

Dr. Wright and Ms. Hansford will engage the audience in a lively three part discussion built around the knowing, choosing, and giving of your emotional intelligence competencies. In addition they will illuminate the importance of EI, how to enhance emotional literacy, engage intrinsic motivation, exercise optimism, and increase empathy. Like all the speaker/facilitators through the day, they will include many exercises, small group activities, and the opportunity to learn from structured debriefs at the end of each section.

## Dianna Wright, Ph.D.

Dianna has over 25 years experience as a coach, consultant, and facilitator with an extensive background in performance psychology, emotional intelligence, mindfulness and motivation. She holds a doctorate in Educational Psychology and the Sport Sciences. She was a teacher and coach at the collegiate level for 15 years and worked with a Fortune 100 company for 12 years in sales, training and management development. Dianna is the author of *The CORE Journey: Unleash Your Power to Thrive*. Diana offers individual coaching to people who want to create a life of autonomy, mastery and purpose.



## Dee Hansford, CRP

In 1991, Dee was promoted to manager of Walt Disney World's Cast Communications and in 1995, was named manager of the newly-formed Cast Recognition department; so she understands the leader's perspective. As an internal coach/consultant/trainer and facilitator, she led the design and implementation of Walt Disney World's first global recognition program, Partners in Excellence. The task involved coaching over 6,000 leaders in recognition/communication skills.

Shortly after forming Dee Hansford Consulting in 1997, California Public Employees Retirement System (CalPERS) hired her to help create a recognition-based culture to support their strategic business objectives. CalPERS' employee and customer satisfaction scores rose dramatically, productivity and team work were enhanced and CalPERS received the National Association for Employee Recognition's "Best Program Award for 2002.

Dee is an alumna of the Crummer Graduate School of Business and a founding board member of Recognition Professionals International (RPI) and is a Certified Recognition Professional (CRP).

## Session III - "Emotional Intelligence: Swimming the Oceans of Your Emotions"

with Nick Le Force

Mr. Le Force will discuss Emotional Intelligence in the context of individual and organizational health and the impact of "Positive" (health enhancing) and "Negative" (health degrading) emotion. Some of Nick's exercises and activities will focus on managing feelings and emotions and where and when the applications of each technique are most effective. Nick will assist all attendees to widen the field of their perceptions regarding self, others, and to use this information to enhance collaboration and resolve conflicts.



### Nick LeForce

Nick LeForce has 30+ years of experience in human communication and development. He holds a Masters degree in Rehabilitation Administration from the University of San Francisco McLaren School of Business and undergraduate degrees in Psychology and Social Welfare. He is president of Inner Works, a training and coaching company in Northern California.

Nick provides on-site training and coaching services to businesses and individuals. He specializes in Value-Based Life Management Skills, helping companies and individuals identify governing values and use those values to create compelling goals, make effective decisions, manage time, overcome barriers to success, communicate persuasively, and achieve desired outcomes. He has provided on-site consultation and training in Leadership, Communication Skills, Customer Service Skills, Change Management, Team Building, Conflict Resolution, Supervisory Skills, Time Management, and other topics.

## Session IV - "The Zen of Emotional Intelligence"

with Joan Zeglarski and Patrick Elkins-Zeglarski

The Zeglarskis will examine the two keys to emotional intelligence, recognition and regulation. Their activities and exercises will focus on using one's emotional intelligence to lessen stress, make better decisions, and achieve higher performance. They will share information about dealing with things we have influence over and how to deal with those where we lack influence. They will end with an exercise and activity designed to illustrate how one can build a proactive system to make better choices and respond more positively to stressful situations.

### Joan Zeglarski

Joan is an experienced facilitator who focuses on engaging participants with highly interactive exercises and activities to maximize the effectiveness of the time they spend in her sessions. She holds a Masters degree in Human Resources and Organization Development, and a Bachelors degree in Liberal Arts with a concentration in Math and Science. She has an extensive background in management, human resources, organization development, training development, and training delivery.

Joan's main foci concentration are in the areas of organizational and interpersonal communication, team-building, conflict management, interest based negotiation, leadership, turning stress into productivity, customer service, and personal development.



### Patrick Elkins-Zeglarski

Patrick facilitates communication skills practice within a broad range of settings and clientele. The power of inquiry and curiosity informs his work in bridging the relationships between effective communication and creative response. Patrick's development and implementation of scenario-based communication strategies has empowered doctors, law enforcement officers, and customer care providers. A frequent provider of professional development within the university/educational and non-profit sectors, Patrick also works with theatre and literary professionals as a dramaturg. Patrick is based in Denver, CO and is National Faculty for Lesley University's Graduate School of Education. Patrick received an MFA from Arizona State University and a BA from the University of Northern Iowa.