



# Boosting Emotional Intelligence in a Hybrid Workplace

## Course Description

Technology has forever altered the way we relate to each other – and how we maintain relationships. Research continues to investigate how our emotional intelligence has changed as we've embraced more digital spaces. In this course, we will explore the research and discuss tools to keep you and your colleagues emotionally aware.

## Outcomes:

- Understand how technology affects emotional awareness
- Build and manage relationships in hybrid situations
- Be aware of common pitfalls in tech communication spaces

