

November 2022

In Person or Virtual Event

Sponsored by Women in Banking



EMOTIONAL INTELLIGENCE

WHEN IT
MATTERS MOST:
PART II

Emotional Intelligence is a person's ability to understand, use, and manage your own emotions in positive ways to help relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

Speaker, Lori Flightmaster will review topics discussed in Part I and take a deeper dive into learning more about the difference between IQ and EQ and techniques on how to manage your emotions, improve self-control, and discover how EI can help you develop more positive relationships at work and at home. Participation in Part 1 not required to attend this session.

Want to learn more and Test your EI? Reading in advance is encouraged to deepen the conversation and learning at this event. Check out Emotional Intelligence 2.0 by Dr Travis Bradberry & Dr. Jean Greaves



Lori Flightmaster understands the power of connecting with others and is inspired by the foundational significance that takes place when we open our hearts and minds to listen for learning. As Chief Learning and Diversity Officer for First United Bank, she celebrates 32 years in the banking industry and 10 year as certified Emotional Intelligence Instructor, Power of Ted* Practitioner, founder of Breakthrough Consulting, promoter and speaker.

At the center of Lori's life is her husband of 33 years, Robert, their son Ryan and daughter-in-law, Keti. She balances her life by hiking in the Rocky Mtns, spending time outdoors, a focused faith practice, reading, stillness and most importantly, experience joy with family and friends.



Register Now
December 9, 2022 10:00 a.m.

First United Bank - Northwest location
570 24th Ave, NW Norman, OK
In-person capacity: limited to 16
Members: \$10.00 Non-members: \$20.00

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