Take Charge of Your Personal & Professional Growth: Invest in Yourself, Build Your Skills. Grow Your Career.

City of Oklahoma City

July 30, 2025 Frederick A. Douglass High School

Workshop Watch: Feature Presentation

Unshakeable: Emotional Intelligence (EQ) Skills for Stress, Pressure, and People

10:15 a.m. to Noon ~ Auditorium

Participants will be prepared to implement 30 time-tested principles for stress, worry, and attitude management. Leaving the Auditorium, participants' heightened awareness around how to manage their emotions with practical tools will impact how they demonstrate emotional intelligence to their teams/peers.

Presented By: Dale Carnegie® Training RSVP to attend the event by using the QR code or okc.gov/learning

