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# Quick Communique

CornerStone Strategies LLC

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Shari

## Points to Ponder

Is Your Brain Working For or Against You?

How effective are you at identifying your emotions as they are overtaking your mind and your body? Studies have shown the sooner we can acknowledge and accept the cause of what makes us *react*, the more we can learn from the situation.

The good news: I have taken advantage of the scientific exploration of how your brain works, along with continuing my own research and readings. As a result, I am trained and certified to administer Emotional Intelligence assessments.

The better news: You now have an additional tool to use to ratchet up your personal excellence and the excellent performance of your team. Unlike IQ which cannot be increased, your EQ can be increased.

The best news: Using this tool for yourself and your team members, along with coaching, can give you more time for everyone to accomplish goals and objectives. You know that can have a direct impact on your bottom line.

And there are more benefits to you ... As in the behavioral assessment we offer, this EI assessment can be a valuable tool to pinpoint potential inter- and intra-personal problem areas, mitigating them before they cause conflict. I continue my research to incorporate the best of the best for you and your organization. So you can do what you do best .... keeping individuals and your team at their optimum level!

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This can be either a stand-alone seminar [or webinar] or integrated into Shari's other seminars. Your new knowledge will include the 4 domains of EI, 5 fundamental emotions and 3 potential problem areas. Your newly-learned skills will include outlining the path your thoughts and emotions take as they make their way from your brain to your mouth, more pinpointed action steps to increase your EI and more in-depth root cause analysis which results in faster conflict resolution.

[Contact Shari](#) to discuss the most effective steps for your organization's communication challenges.

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CornerStone Strategies L.L.C.  
P.O. Box 1982  
Friendswood, Texas 77549  
281-992-4136