

# Social Intelligence Workshop

Social Intelligence is about understanding your environment and having a positive influence. Your participants will become more confident in their social situations by learning how to express and interrupt social cues. They will create positive connections and increase their influence during social situations.

Increasing Social Intelligence will provide benefits throughout their professional and personal lives. It is a fantastic tool for coaching and development as people will learn “people skills”. Improving social skills through active listening, understanding body language, and being more empathic will give your participants the advantage in their interactions. Social interactions are a two way street, know the rules of the road!

## Workshop Objectives:

- Be aware of our own behaviors
- Learn to be empathetic with others
- Know tools for active listening
- Effectively communicate interpersonally
- Recognize various social cues
- Determine appropriate conversation topics
- Know various forms of body language



For more information or to reserve your spot in this workshop, please contact:

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## CLASS CONTENT

### **Module One: Getting Started**

Workshop Objectives  
Pre-Assignment

Observing Body Language  
Case Study  
Module Six: Review Questions

### **Module Two: Increase Your Self Awareness**

Remove or Limit Self-Deception  
Ask For Feedback  
Be Open to Change  
Reflect On Your Actions  
Case Study  
Module Two: Review Questions

### **Module Seven: Social Cues (I)**

Recognize Social Situations  
The Eyes Have It  
Non-Verbal Cues  
Verbal Cues  
Case Study  
Module Seven: Review Questions

### **Module Three: The Keys to Empathy**

Listening and Paying Attention  
Don't Judge  
Shift Your View  
Don't Show Fake Emotions  
Case Study  
Module Three: Review Questions

### **Module Eight: Social Cues (II)**

Spectrum of Cues  
Review and Reflect  
Being Adaptable and Flexible  
Personal Space  
Case Study  
Module Eight: Review Questions

### **Module Four: Active Listening**

Attunement  
Don't Jump to Conclusions  
Shift Your Focus  
Don't Discount Feelings  
Case Study  
Module Four: Review Questions

### **Module Nine: Conversation Skills**

Current Events  
Conversation Topics  
Cues to Watch For  
Give People Your Attention  
Case Study  
Module Nine: Review Questions

### **Module Five: Insight on Behavior**

Perception  
Facts vs. Emotions  
Online Communication  
Listen and Watch More  
Case Study  
Module Five: Review Questions

### **Module Ten: Body Language**

Be Aware of Your Movements  
It's Not What You Say – It's How You Say It  
Open vs. Closed Body Language  
Communicate with Power  
Case Study  
Module Ten: Review Questions

### **Module Six: Communication**

Give Respect and Trust  
Be Consistent  
Always Keep Your Cool

### **Module Eleven: Building Rapport**

Take the High Road  
Forget About Yourself  
Remembering People

Ask Good Questions

Case Study

Module Eleven: Review Questions

**Module Twelve: Wrapping Up**

Words from the Wise

Lessons Learned