



# The Neuroscience of Emotional Intelligence

A One-Day Online Seminar for Federal Leaders, Supervisors, Managers, Employees, and Union Officials

May 18, 2022      9am – 3pm – Central Standard Time  
Location: Online Course using Zoom Platform

Open-Enrollment Cost: \$99 per person  
Contact: [pitthal@aol.com](mailto:pitthal@aol.com) or Hal Pitt at 719-313-2540 MST

## Topics Covered

- What emotional intelligence is?
- Exploring the five components of emotional intelligence
- The neuroscience of impulse control
- The power of cortisol and the fight or flight response
- How to use the prefrontal cortex to manage emotions
- How our belief systems can harm our emotions
- How to develop character to manage your
- How to refine your language to manage your emotions
- Tips for developing a positive outlook style
- Resilience strategies for life and work
- Tips for developing social intelligence
- Strategies to regulate emotional responses
- How to become attentive to your emotions
- How to develop the art of self-awareness
- Tips for managing the emotions of others
- Tips for dealing with difficult people
- Nonverbal strategies that settle people down.
- The link between EI and organizational values
- How to deal with conflict the CALM way
- ...and much, much more.

## Comments from past participants

*“Why didn’t I learn this stuff years ago? It would have changed the way I lead and changed the way I raised my children. Transformational information from Hal Pitt.”*

*- attendee at City of Everett, WA*

*“Hal, I want you to know that I have been practicing some of the stress management techniques you shared in the course. I am sleeping better than I ever have and am sharing this information with others.” – attendee at Architect of the Capitol, Washington D.C.*

*“I can’t believe that it worked! I shared the character anchor information from your Neuroscience of Leadership course with my team and now we are all practicing your strategies. It has truly changed my team for the better.” – attendee, at VA in Lebanon, PA*

*“Hal. I reflect on my character anchor every day. It has helped me weather the storms of politics in D.C. and helped me focus every day on my integrity and character.”*

*- high level official in Washington D.C.*

*“Your course has made me realize I need to change some biases I have that are harming me and my family. I am going to call my father tonight and tell him how much I love him. Thanks so much for our workshop.” – attendee at National Parks Service workshop*

*“WOW! AWESOME! FANTASTIC! BRILLIANT! Hal, those are just some of the words that describe your workshop.” – manager at Naval Shipyard, Bremerton, WA*

*“I really enjoyed the way you integrate multimedia into your presentation. Really kept me interested. I didn’t want to fall asleep one time and that is rare for me in courses.”*

*- Attendee in New Orleans, Louisiana*

*“Hal, since your course, my team has implemented a new mission, vision and core values. We are going to have a kickoff barbecue next month. Thanks for the helpful information you shared in the seminar. Hope to see you again in the future.” – senior leader at a city in Wyoming*

*“I wish I could take you with me and you could present this information to our senior leadership. I believe it would revolutionize our culture.” – attendee in Denver, CO*

*“Why aren’t more senior leaders taking this course? They send the managers but think they don’t need to learn anymore. I can’t think of the last time our leaders have attended any of our leadership courses.” – manager at Department of Transportation*

The Kansas City Federal Executive Board  
Presents an open-enrollment seminar:  
***“The Neuroscience of Emotional Intelligence.”***  
May 18, 2022

**Registration**

**(Send this registration form to Hal Pitt Seminars at [pitthal@aol.com](mailto:pitthal@aol.com))**

*Please Print*

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Payment Method**

Visa/MasterCard (please complete the required information below)

CARD Number

\_\_\_\_ \_

Expiration Date: \_\_\_ \_\_\_/\_\_\_ \_\_\_ Visa\_\_\_ or Master Card \_\_\_

Zip Code attached to the Credit Card: \_\_\_ \_\_\_ \_\_\_ \_\_\_

CVV Security Code (found on back of card by signature): \_\_\_ \_\_\_ \_\_\_

Total amount to be charged: **\$99.00**

Name of Cardholder: \_\_\_\_\_

Email Address of Cardholder: \_\_\_\_\_

Phone number of Cardholder: \_\_\_\_\_

**You will receive an email merchant account confirmation once the card has been processed for your records**

If you have any questions about payment or this course, contact  
Hal Pitt, CEO, Hal Pitt Seminars  
719-313-2540 or [pitthal@aol.com](mailto:pitthal@aol.com)