



Thursday 11th June 12:30pm

Emotional Intelligence and Social Media – Your Digital Emotional Quotient (DEQ)

Social Media, love it or hate, we can't live without it in business these days. Developing Digital Emotional Intelligence (DEQ) allows us to leverage it to our benefit for business and protect ourselves, our employees and our productivity from the more harmful aspects that can damage our mental health. In this talk we will explore how our minds work and the impact this has on three key areas: what to post to engage the most people, how to respond when we feel challenged and how to protect ourselves effectively.



Vicky Henderson

With over 20 years' experience in a variety of industries, spanning several continents; in SME, hospitality, training and teaching, sports coaching and self-employment, Vicky is passionate about working with leaders and teams to make the workplace a

supportive, understanding, productive and most of all rewarding place to be. Since founding Ascend Performance Coaching in 2017 Vicky has worked with a growing portfolio of clients including: self-funded employees, sole traders, directors and senior management in SME's and teams at a major London University.

Book your tickets for this event

<https://emotional-intelligence-and-social-media.eventbrite.co.uk>

