



PROFESSIONAL DEVELOPMENT

Dear Food Industry Friends,

1) Next Professional Development Event

The Professional Development Team is excited to bring you our event. It will be a soft skill continuing education session on Emotional Intelligence (Part 2). If you missed our first session earlier this year, do not worry, you can still attend. You are guaranteed to come away feeling motivated and energized. Details are below.

Title: Emotional Intelligence - EI Part 2

Improving the Quality of Work Relationships by Applying Specific EI Strategies

Date and Time:

Jan 26, 2016 8:30am-12:00noon

Location:

NIU Hoffman Estates
Northern Illinois University
5555 Trillium Blvd
Hoffman Estates, IL 60192

Speaker:

Erica Nelson

Description:

Emotional Intelligence refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and our relationships (Daniel Goleman). Continuing this discussion from the May 2015 IFT Professional Development Program, we will review the basics of EI, learn key EI strategies that improve collaboration and project management.

Specific Action Plans developed from the research on EI will be presented and participants will apply a variety of scenarios to customize their workplace examples. Group discussion, shared expertise and a template for next steps will be incorporated in the workshop.

It is not required that you attended the May 2015 workshop to participate.



Learning objectives:

- ✓ Review and interpret the four domains of Emotional Intelligence
 - (1) Self-Awareness
 - (2) Self-Management
 - (3) Social Awareness
 - (4) Relationship Management
- ✓ Apply specific action plans for each domain aligned with a workplace situation
- ✓ Gain insight from colleagues on the best approach with direct reports, peers and/or managers who lack awareness of their Emotional Intelligence

Outcomes from Previous Studies:

The positive mood of the leader strongly influenced group members at both the individual and collective level. Project managers with higher EQ linked to improved teamwork and more effective handling of conflict. Leaders who created a more positive climate had more revenue as well as increased growth (Source: six seconds).

A Gallup study of managers found that when the managers focus on employee strengths, they have *61% engaged employees*. Emotional Intelligence is rooted in being able to draw on our innate ability to understand environments and how best to read, adapt and adjust to that world.

To Sign Up:

Go to our Professional Development Page on the Chicago Section IFT website. Click on the “Register Now” link.

<http://www.chicagoift.org/career-guidance-education.php>

2) Thank you to the following companies for their support

We would like to thank the following companies in the food industry for their continued support of the Professional Development Team and of our events. Without their support, we could not bring you these great events.

AgriFIS
CDM Smith
Clutch Global Logistics
Griffith Labs
IOI Loders Croklaan Americas
Imbibe



Chicago Section
Institute of Food Technologists

The First Section ★ Since 1941



Kraft Food Ingredients
Pure Circle
Univar
Wrigley

3) Interested in joining us

If you are interested in being a part of this fun and fabulous Professional Development Team, please do not hesitate to contact us.

Sincerely,

Professional Development Team Chair
Susan Abraham-Rivera, Ph.D.

AgriFIS

Email: susan@agrifis.com

Phone: [847.942.4136](tel:847.942.4136)

Maureen Oskielunas
Kraft Food Ingredients

Zeek Agosto
Univar

Joe Farinella
Imbibe

Zara Raneses
Griffith Labs

Jeffrey Jendryk
CDM Smith

Michael Grainda
Univar

Michael Gross
Clutch Global Logistics

Shannon Wilson
Wrigley



Chicago Section
Institute of Food Technologists



Leslie Taylor
IOI Loders Croklaan Americasm

Monica Garces
Pure Circle

Mona Reinhard
Food Industry Professional