

c&fs EAP

Employee Assistance Program

Benefits of Emotional Intelligence in the Workplace

Life doesn't stop when you are at work. EAP will help you manage both.

Call 716-681-4300 or 800-888-4162

1

Impacts Teamwork: Practicing emotional intelligence in the workplace increases effective communication, better teamwork and fosters enthusiasms within the work environment.

2

Impacts Flexibility: Practicing emotional intelligence offers a greater level of understanding of people's problems and allows for flexibility at work; it empowers people to work in ways that are helpful to them.

3

Impacts Self Awareness: People who practice emotional intelligence are aware of their strengths and weaknesses and can handle their emotions in the workplace. This elevates work productivity levels and job performance.

4

Impacts Decision Making: People who use emotional intelligence in the workplace can adapt to changing situations, and make smarter judgements and decisions at work.



Call or visit the Child & Family Services
Employee Assistance Program website for confidential support today.



Contact Us Directly!

Call 716-681-4300

Visit eap.cfsbny.org