

**INVITATION
2010 EUMA Training Day**

**Emotional Intelligence:
Master Your Emotions - To Master Your Life**

**Invitation to attend the 2010 EUMA Training Day
Hotel Hilton Strand – Helsinki, Finland
Saturday, 17th April 2010 from 9:00-16:00**

It is with great pleasure that we invite you to attend the 2010 EUMA Training Day. This year's topic is "Emotional Intelligence: Master Your Emotions – To Master Your Life."

An all-new program designed and directed by:

**Angie Katselianos
President and CEO
Platinum Performance International Srl.**



This highly participative, interactive workshop focuses on *the proven process powerful people employ to dissolve negative emotions impeding maximum growth!*

This is a very powerful personal development experience.

Benefits of this program include the following improved results and outcomes:

- Identify core negative emotion so as not to waste time—isolate the right trait, action or In-action for elimination.
- Regain freedom and control of your thoughts, feelings, time, and priorities.
- Reduce brain noise resulting in higher mental clarity, certainty, and presence.
- Take control of any meeting or situation from the outset.
- Be thoroughly centered to handle any challenge, at any time, from anyone.
- Overcome energy consuming situations and conflict.
- Redirect time wasted in turf wars in activities of strategic importance.
- Improve communication, personal and professional relationships.
- Enhance professionalism and ability to lead and influence others.
- Feel empowered.
- Be more productive.
- Improve personal well-being, self-esteem, and confidence.
- Able to apply this transformational tool yourself (skills transfer).
- Opportunity to coach others on how to benefit from this life-changing process.



This unique approach involves extensive group interaction, reflection, and testing. In a safe but challenging environment, you will master transformational techniques, skills, and questions that *will be immediately useful in your pursuit of emotional mastery propelling you to your next level of growth.*

- Pre-course preparation materials ensure that you work on your toughest situations, thorniest conflicts, and highest-potential relationships.
- The program manual includes lists of questions, reinforcement of learning, special techniques for unique circumstances, and a personal action plan.
- During the workshop you can sit in the “hot seat” and dissolve a negative emotion or test “closure” on the work you completed.
- You will have the opportunity to practice intimately with small learning teams within the larger group.
- You will have the opportunity to observe the “hot seat” and learn from a safe distance.

Angie Katselianos is a widely acclaimed consultant to growth- and success-oriented professionals in business and corporate environments. She has dedicated the past 30 years to researching the secrets that unlock human motivation and personal power and effectiveness that lead to performance excellence and innovation.

Originally from New York, she has spent more than half her life living and working overseas, travelling to 50 countries and speaking three languages. Her unique insights make her an excellent keynote speaker whose inspired and energizing presentations stimulate minds, open hearts, and motivate people to action.

In the **Training Day Programme** you will find a detailed description of the day's event as well as a detailed description of the seminar leader.

Kindly note that the **registration deadline is 15th March 2010**. Admission is limited and is on a first come, first serve basis. Registration requests received after 15th March 2010 will be placed on a waiting list pending availability and confirmation.

We would be grateful if you could pass the word around to friends and colleagues who may be interested in participating since non-members are welcome as well – and may even decide to join thereafter.

Looking forward to seeing you at our valuable and rewarding 2010 EUMA Training Day!

Kind regards –
On behalf of the European Committee,

Carla Veldhuizen-Ennik
Association Secretary