**Awareness: Your Key to Successful Relationships**

*Have you ever...*

- Replayed a conversation in your head, wishing you had said or not said something?
- Lost sleep over a work or personal relationship? Felt misunderstood?
- Been told you seem aloof and difficult to talk to? Felt discouraged about one or more working or personal relationships
- Agreed to something to avoid conflict that you later regretted?
- Felt stuck in a relationship and weren’t sure how to fix it?
- Withheld important information because you were afraid to speak-up?
- Joined in conversations you later felt badly about?
- Learned that someone is talking about you to others but not talking to you?

**Most of us have...** *We typically question ourselves, blame others, or worst case, just stop trying.*

*If you answered YES to two or more of the questions above, please see the Awareness Lessons below. This may be a good choice. The goal is to heighten your awareness & your choices*

**The Awareness Lessons - In these five focused teleclasses you will**

- Increase your self-awareness in your moment to moment daily experience
- Gain insight into how you show up in your day to day relationships
- Learn and practice methods to heighten and use your awareness in challenging moments.
- Learn and practice methods for entering difficult conversations in a way that will change difficult patterns, heighten your awareness in the moment, and build skills for future use

**What to expect in five lessons**

- You will join 4-6 other participants in this highly focused learning process

- You will first take the EQ In Action Profile, a unique emotional intelligence assessment tool, online and receive a personal telephone conversation about your results. This gives a powerful snapshot of your emotional tendencies when you are faced with challenging situations.

- The first lesson, "EQ Awareness" opens with sharing your EQ In Action Profile results with your peers. What did you discover about yourself? What are your strengths and learning edges?

- Exercises with a specific focus and practices are assigned between each class. You will track your exercise experiences, what you did, and what you learned.

- Each class builds upon prior lessons which focus on building awareness of self, self and others, self in teams, and the ultimate awareness of the "I" that you are.
Learning In Action Technologies primary work is to work with coaches, consultants, and leaders who use the EQ In Action Profile, a unique emotional intelligence assessment tool, to learn more about one’s self, one’s impact in relationship, and to gain awareness on how to be more effective in one’s relationships and participation in life. Awareness is the cornerstone of emotional intelligence. Without awareness no learning and change is possible.

Therefore our work centers on helping client’s increase their self-awareness; their ability to notice the choices they are making in their daily lives; and to provide specific tools for ongoing learning. The EQ In Action Profile is widely used across North America and is now being used in Asia, India, and Mexico. Consultants and coaches use this assessment tool in work with their clients.

Faculty:
Ronald R. Short, Ph.D., Founder & Senior Principal, Learning In Action Technologies
Ron is an applied social psychologist whose thirty-five years of experience includes undergraduate and graduate education and extensive experience consulting with organizations in many different kinds of industries both in the United States and abroad. The Awareness Lessons are a distillation of his long-term focused work to both understand and facilitate constructive change with, between, and among individuals. They place accountability and responsibility for relationships directly into the heads and hands of the individual participants--the ones capable of effective, constructive change.

Schedule for 2011
Teleconferences are scheduled every two weeks to maintain continuity and learning momentum, while allowing time to integrate awareness within your day-to-day life. The dates below give the kick-off dates for each series. The remaining teleconference dates and times will be scheduled by the participants during the initial call. This is critical to retain integrity and commitment to the lessons while being flexible for busy schedules.

Participants will be set-up to begin the process, including taking the EQ In Action Profile upon registration

All classes are scheduled for 8:30 am to 10:30 am Pacific Time.
✓ March 18, 2011 (kicks off this series)

Information and Registration
✓ Detailed information and registration is available online at http://learninginaction.com
✓ OR call: 425-641-7246 with questions and for registration

Cost: $1200 due prior to the kick off of the lessons. 10% discount is available for 45 day early registration and payment. 10% discount is also available for full-time students and organizations sending 3 or more participants. (The cost for individuals who have already taken the EQ In Action Profile and have received their consultation is $950.)
(Cancellation policy: Full refund when canceled 60 days or more prior to the lessons. 50% refund 30 days prior to the lessons and no refund when cancellation is less than 30 days.)