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## **Tough Stuff – Emotional Intelligence (EQ) at Work**

***Monday Feb 22nd - Thursday Feb 25th, 2016, in Kingston, Jamaica!***

Tough Stuff Workshops are intensive Applied Behavioral Science trainings which combine cutting edge knowledge about leadership and human behavior with powerful personal insights and skill building. Participants will increase their emotional intelligence, including how to effectively give and receive feedback, within a framework of individual, group, and organizational theory. The primary goal of the program is to help individuals from all organizational levels and walks of life acquire the strong set of interpersonal skills, solid theoretical perspective, and deep self-awareness necessary to lead and manage effectively, including:

- A core framework of individual, group, and organizational theories
- A more objective and scientific self-awareness, rooted in emotional intelligence
- How to learn more effectively from experiences on a lifelong basis
- Conflict resolution
- Coaching and developing others
- Change management and Systems Thinking
- Theories and methods that have been successfully applied since the 1950s and in more than 15 countries worldwide!

The learning processes in Tough Stuff were created by our founder, Robert P Crosby, over his 60 plus year career transforming organizations and building emotional intelligence in the workplace. One of his unique visions was that EQ must be taught in organizations to solve specific business problems and achieve bottom line results. His sons, Gilmore and Chris, are carrying on his vision and bringing Tough Stuff to you with over 50 years between them of training and experience in the field.

On a ten point scale the graduates of our 2015 Kingston workshop rated the session an 8.5 on “Application to Work” and 9.8 (the highest rating ever!) on “Application to Life.” As one Jamaican participant put it: *“The content was very interesting, especially the info about the brain, anger management, and emotions. Great way of putting ourselves in touch with our real feelings.”*



**Chris Crosby**

**Robert Crosby**

**Gil Crosby**



Venue is the  
Courtleigh Hotel in New  
Kingston at 85 Knutsford  
Boulevard

**The next Kingston Tough Stuff Workshop will be held Monday Feb 22nd - Thursday Feb 25th, 9am to 5pm. Gil Crosby, whose extensive Jamaican experience dates to 1999, leads the Kingston sessions.**

The workshop tuition is US \$1250. Receive 20% off by registering and paying 45 days in advance! Lunch and refreshments are included. All other travel expenses are each attendee's responsibility.

**Space is limited (6 to 20 participants) so contact Crosby & Associates at 302-983-1429, or [gil-morecrosby@comcast.net](mailto:morecrosby@comcast.net), and sign up today!**