



Sylvia Escott-Stump, MA, RD, LDN

Sylvia Escott-Stump is Dietetic Programs Director for the Dietetic Internship and Didactic Program at East Carolina University in Greenville, North Carolina. She also consults as the owner of Nutritional Balance. Ms. Escott-Stump received her BS degree in Food and Nutrition Education and her Masters degree in Adult-Community Education at Indiana University of Pennsylvania. She is an active member of the American Dietetic Association where she is chair of Nominating, has served on the Board of Directors and was recently the first recipient of the Margene Wagstaff Fellowship for Innovation in Dietetics Education. Ms. Escott-Stump has presented for national and international audiences on topics related to health care, management, and education. Sylvia will present the 2008 Lenna Frances Cooper lecture at FNCE in Chicago. She has authored 6 editions of *Nutrition and Diagnosis-Related Care*, and 4 editions of Krause's Food and Nutrition Therapy. She has published articles in numerous peer-reviewed journals, including the *Journal of the American Dietetic Association*, *Future Dimensions in Clinical Nutrition Management*, and *Surgery for Obesity and Related Diseases*.

Emotional Intelligence in the Workplace

IQ is only 20% of our job success; emotional intelligence makes up the rest. Many of us have what it takes, but sometimes we need a little boost for greater self-awareness to get more out of our life and our careers!

Learning Objectives

1. Participants will be able to apply emotional intelligence in the workplace by understanding how to Identify, Use, Understand, and manage their own emotions more effectively.
2. Participants will be able to use EI techniques with their employees, colleagues, and other contacts.

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