



# Unlocking Emotional Intelligence

Tools for Better Leadership, Communication, and Connection

PROFESSIONAL  
*Development*  
SERIES

*Presenter*

**Cynda Walter**

Founder &  
President, People  
Empowered, Inc.



Emotional intelligence (EQ) is often cited as a key ingredient for workplace success—but what does it really mean, and how can you tell if you have it? In this engaging session, speaker Cynda Walter explores the science behind emotional intelligence and offers practical, immediately applicable strategies to improve self-awareness, self-

management, and relationship-building. Participants will walk away with a clearer understanding of their emotional responses and how to navigate professional interactions more effectively.

**CYNDA WALTER** is the founder and president of People Empowered, Inc., a human resources consulting firm specializing in leadership development and coaching. With over 17 years of experience in coaching leaders across various levels, she has significantly enhanced individual and team performance in healthcare settings, ensuring successful outcomes for patients, physicians, providers, leaders, and employees.

**Tuesday,  
June 24, 2025**

**11:30 am – 1:00 pm**

**Salt Lake Community  
College West Valley City**

3460 South 5600 West,  
Suite 105 & 107, West Valley City

**Lunch will be provided.**

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