

Institute for Health and Human Potential Launches Virtual Training & Development Platform

*Global Research & Learning Company
Now Offers Virtual, Interactive Emotional Intelligence Program*

CHICAGO - May 19, 2015 – Leadership and personal development training is critical to maximizing success for individuals, teams and organizations, and many people believe that this type of training is best achieved in the classroom. However, the reality of the national and global workforce means it's not always possible to get people together, face-to-face in a classroom setting. To address the evolving needs of today's workforce, the [Institute of Health and Human Potential \(www.ihhp.com\)](http://www.ihhp.com), a leading global research and learning company, has partnered with their client, UnitedHealth Group, to offer virtual facilitator-led versions of their world-renowned [Emotional Intelligence](#) program.

"Using state-of-the art technology, IHHP has the ability to train a global, remote workforce on a virtual platform. We've chosen a technology platform with a huge bandwidth of support tools - including virtual break-out rooms, whiteboards, and many more interactive features - allowing us to create a powerful, engaging and sustained virtual learning environment," said Bill Benjamin, a training and performance expert at the [Institute for Health and Human Potential](#).

"IHHP's [Virtual Science of Emotional Intelligence Program](#) examines why some smart people fail, and why some technically brilliant individuals have trouble managing others and collaborating on a team. It's not because they lack intelligence or technical skills. What they lack is a critical level of Emotional Intelligence (EI) and the ability to manage their emotions - and others' - when they're under pressure," Benjamin continued.

The new EI Virtual program consists of five 2-hour virtual sessions that are spread over two weeks, providing a sustained learning experience. The virtual classes are designed as highly interactive and integrated modules, using innovative WebEx training platform. When combined with IHHP's one-on-one [Coaching](#), the EI Virtual program helps drive real behavior change.

IHHP specializes in helping organizations and leaders leverage the science of performing under pressure. The organization is already well-known and highly respected for their Emotional Intelligence and Performing Under Pressure programs, which their experts have delivered globally to hundreds of high-profile clients, including Fortune 500 corporations, the United States NAVY, and Olympic athletes. They have also recently released the New York Times Best Selling book, [Performing Under Pressure](#). Now, companies and individuals can benefit from IHHP's valuable EI program from the comfort and convenience of their offices, homes or wherever their travels take them, thanks to this new virtual format.

The Emotional Intelligence program teaches leaders to:

- Gain a deeper understanding of the impact you're having on the people around you
- Understand the science of the human brain and how it influences behavior
- Learn techniques to stay calm and focused during difficult times and in challenging relationships
- Learn skills to deal with the emotions of others when there's tension and conflict
- Practice tools and techniques to coach others to higher performance

- Develop a plan to connect more deeply with your employees, peers, and family
- Participate in IHHP's "multi-perspectives" EI360 Assessment to learn the drivers that help you succeed, as well as the blind spots that may be limiting your potential.

"IHHP's EI program explains the foundational principles and brain science of Emotional Intelligence, so participants will gain a deeper understanding of what the brain does under pressure and how that affects your decision making and your impact on others," Benjamin continued. "By learning how to manage your emotions in your most difficult moments, you'll be able to perform and lead at your best, and connect with others in a more meaningful way."

The [Virtual Science of Emotional Intelligence Program](#) will be offered on July 7, 9, 14, 16 & 20, 2015, from 10:00am to 12:00pm EST each day. IHHP's introductory offer includes an EI Virtual program with three one-on-one coaching sessions for a special rate of \$1,750 or the EI Virtual Program with no coaching for just \$750.

For more information, visit <http://www.ihhp.com/ei-virtual-public-training/>

About Institute of Health and Human Potential (IHHP)

IHHP is a global research and learning company that specializes in helping organizations and leaders leverage the science of performing under pressure. The company offers training, leadership assessments, coaching, keynotes and the New York Times Best Selling [Performing Under Pressure](#) book. IHHP's experts have worked with Fortune 500 companies, the world's top business schools, the U.S. Military and Olympic medalists. They have offices in Toronto, Chicago and Australia. For more information visit www.ihhp.com. More information about *Performing Under Pressure* is available at www.pressurebook.com. Follow [IHHP](#) on [Twitter](#), [Facebook](#), and [LinkedIn](#).

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