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# Tennessee Supreme Court

## ALTERNATIVE DISPUTE RESOLUTION COMMISSION

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Hon. Sharon G. Lee

## Rule 31 Continuing Mediation Education Accreditation Request Form

**Provider Name:** Clay Phillips, PhD

**Address:** 5259 Harding Place Nashville, TN 37217

**Telephone/Fax:** 615-585-4469

**E-Mail Address:** Clay@DrClayPhillips.com

**Course Title:** Law & Mediation Practice Professionalism: Mindfulness Part 1 Emotional Intelligence

**Date(s) Held:** August 20, 2018 - August 19, 2019

**Location(s):** Online/On-Demand at <https://CLERightNow.com>

**How to Register:** <https://CLERightNow.com/p/Mindfulness-Part-1-Emotional-Intelligence-Quotient-EIQ>

**Fee for Members/Non-Members:** \$125.00 / \$85.00 with discount code TSCR31\$40

**Does this course have CLE Commission Approval?** Yes 2 Dual Hours Course ID# 224879

Session Description	Type of Credit Requested (General Continuing Education, General Mediation Issues, Mediation Ethics, or Family Law)	Start Time	End Time	Credit Approval (Office Use Only)
History of Emotional Intelligence	General Mediation	8:30am	8:45am	
Defining Emotional Intelligence	General Mediation	8:45am	9:00am	
The "EI" Blueprint	General Mediation	9:00am	9:30am	
Conflict Resolution Styles	Ethics	9:30am	9:45am	
Roles of Optimism, Pessimism, & Skepticism	Ethics	9:45am	10:00am	
Validating Others: Beliefs & Emotions	Ethics	10:00am	10:15am	
Understanding the Power of Emotions	Ethics	10:15am	10:30am	

**OFFICE USE ONLY**

**Total Approved CME:**

**Date Approved:**

**Mindfulness Part 1 - Emotional Intelligence (EQ)** helps attorneys and mediators understand mindfulness in the context of Emotional Intelligence. Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life.

We have all worked with and listened to brilliant people. Some of them were great and... well, some were not so great. The mean and the meek and all those in between can teach us more than they realize. When we look at the truly extraordinary people who inspire and make a difference we see that they do this by connecting with people at a personal and emotional level. What differentiated them was not their IQ but their EQ – their *Emotional Intelligence Quotient*. This course will help you develop your emotional intelligence.