

Speaker Biography

Guy Armstrong delivers relevant, practical, life-changing principles to develop tomorrow's leaders. In his role as a university professor, dean of students, CEO of non-profits and now, as business owner, he has spoken to thousands of students and young adults in China, the USA, India, Russia and others. His aim has remained the same: equip young adults to maximize their potential and be the best they can be, personally, professionally and as members of the global community.

China's President Xi recently remarked to a group of students in Tianjin, "China's future leaders will need Emotional Intelligence (EQ) more than Intelligence Quotient (IQ). As a certified EQ consultant, Guy delivers the kind of equipping tomorrow's leaders need.



Guy Armstrong

The following is Guy's development series:

Topic 1: Measuring Your Own Emotional Intelligence

"There is so much talk about EQ in today's world. What is it? How can I know if I have it?" In this seminar, Guy will help define EQ and teach the audience about its importance in life. Once this foundation has been laid, he will guide the audience through a self-assessment where students can better understand their own level of EQ and learn of resources available to assist them in growing in their emotional intelligence.

Topic 2: When East Meets West: Bridging the Gap through the Power of Emotional Intelligence

In order for culturally divergent people to interact and thrive, we must understand each other and learn to work together. In this seminar, Guy will help Chinese students understand some about western culture and assist them in identifying particular EQ qualities that both those in the west and east need to learn in order to work together. If you someday aspire to study, reside or interact with western culture, this seminar will help get you started.

Topic 3: EQ Meets the Real World- Getting and Thriving in Your First Job

*Is Emotional Intelligence really helpful in the **real** world? Can EQ help me get my first job? Can EQ help me succeed in my first job? This seminar is a practical guide to understanding EQ's importance in helping you getting started in your career.*

Topic 4: Developing "Personal Presence"

Some people have it, but most do not. It's what Americans now call, "Personal Presence." Demonstrating confidence, competency, character, credibility and trust in how you look, think, act and talk is the pathway to this *presence*. In this seminar Guy will give practical advice to those wishing to develop their own personal presence.

Topic 5: Living Healthy: Making Life Choices that Keep You Feeling and Looking Your Best

Whether we want to look like Jennifer Aniston or Brad Pitt, most of us would like to change our appearance. More importantly, though, we should aspire to be the best we can be, for a lifetime. In this seminar, Guy will share health, fitness and nutrition tips that can help you maintain good health and vitality for a lifetime.