

Brain Meets Heart

Master Emotional Intelligence to Be Less of a Jerk at Work

Available Formats

In-Person or Virtual
30 min | 45 min | 60 min | 90 min

In Brain Meets Heart, Susan Judd takes a deep dive into the science and power of emotional intelligence in leadership. This engaging presentation unpacks what emotional intelligence truly is, how it operates in your brain, and why it's a critical factor in shaping you into an effective, resilient leader. Through real-world insights and actionable examples, Susan reveals how your emotional intelligence impacts team dynamics, productivity, and workplace culture—showing how EI can distinguish a remarkable boss from a challenging one. You will leave with a new understanding of EI, practical tools for strengthening your own emotional intelligence, and the inspiration to lead with both head and heart.



1. **Understand Why EQ Matters:** See how emotional intelligence shapes interactions and success at every level of an organization.
2. **Spot EQ in Action:** Learn to recognize key EQ strengths (and weaknesses) in leaders, coworkers, and teams.
3. **Strengthen Workplace Relationships:** Use EQ insights to communicate better, build trust, and reduce conflict.
4. **See the Ripple Effect of EQ:** Discover how emotional intelligence—or the lack of it—impacts team morale and results.
5. **Encourage EQ Growth:** Walk away with simple ways to foster emotional intelligence in yourself and others.

Meet Susan Judd

The People Harmonizer | Emotional Intelligence Speaker, Facilitator & Coach



Susan Judd, founder of HR Culture, has dedicated over 12 years to transforming workplace environments through emotional intelligence and wellbeing programs tailored for small and medium-sized businesses. Since becoming a Certified Practitioner with Genos International in 2012, Susan has brought impactful emotional intelligence strategies to organizations across Australia and the United States, helping leaders enhance their influence, resilience, and overall workplace culture. In 2024, Susan was recognised by Genos International for her exceptional contributions to the field of Emotional Intelligence, cementing her position as a global voice in the Emotional Intelligence movement.

Through her brand, Dare to Care, launched in 2019, Susan continues to deliver high-quality Emotional Intelligence training, inspiring leaders to foster greater empathy, adaptability, and collaboration. In addition to her training programs, she provides executive coaching to professionals who aim to elevate their leadership effectiveness through emotional intelligence. With more than 25 years of experience spanning industries such as financial services, manufacturing, retail, and sales, Susan's expertise bridges HR strategy and people-centered leadership, making her a vital resource in building engaged, emotionally intelligent workplaces.