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## **New Book on EQ Featured at 2020 GirlCon Digital Event**

***Author Cheryl O'Donoghue talks about emotional intelligence "superpowers" at event designed to promote diversity and inclusion of young women interested in technology***

**July 20, 2020.** Cheryl O'Donoghue, Founder of [Emotional Intelligence Leaders Resources](http://EiLeadershipResources.com) and Co-Founder of the nonprofit [Aspire2STEAM.org](http://Aspire2STEAM.org) (formerly known as Mission Sisters Who Work), will share insights from her new Book—[How to Be an Emotionally Intelligent Leader](http://HowtoBeanEmotionallyIntelligentLeader.com)—at the third annual GirlCon Chicago event ([girlconchicago.com](http://girlconchicago.com)). This year, over 700 have registered to attend the five-day digital conference which runs July 20th – July 25th, with sessions each day from 3 p.m. to 7 p.m. CST. Attendance is completely free for all students.

The event is created and organized by a team of over 60 high-schoolers from across the United States who promote diversity and inclusion of young women within technology. GirlCon's Gold and Partner Sponsors are IBM, Google, ISACA's Chicago Chapter, Blockchain Institute of Chicago and Girl Security.

Conference keynotes include IBM's Janine Sneed and Rene Bostic, five-time Olympic Medalist Nastia Liukin and Cecilia Munow, former policy expert who served as Domestic Policy Advisor in Barak Obama's White House. In addition, there are more than 20 breakout sessions exploring technology's intersections with law, music production, sports, activism and even biosecurity and pandemics. There are also several professional development sessions, including the one O'Donoghue is facilitating on developing emotional intelligence superpowers.

"GirlCon team members, including their two female co-directors, graduating seniors and rising freshmen Kyla Guru of Stanford University and Ariana Goldstein of the University of Southern California, inspire so many others, including me," says Cheryl O'Donoghue. "Seeing them in action and all they have accomplished in and out of school fuels me to be a better human and contribute my talents and experience more fully to be of greater use to humanity."

Cheryl has spent over thirty years researching, facilitating and writing on the topic of emotional intelligence (Ei) leadership. In Cheryl's GirlCon session on July 22 at 3 p.m. CST, she will share three top Ei superpowers to help audience members turbocharge their academic and career success from her new book—*How to Be an Emotionally Intelligent Leader*. PLUS, Ariana Goldstein, GirlCon CORE team member and the focus for Chapter 20 in the book, will reveal a couple of her favorite tips to strengthen emotional intelligence by being a self-leader.

Cheryl adds, "With the demand for emotional intelligence skills set to increase six-fold in 3-5 years, the need for emotionally intelligent humans is on the rise. My desire for the young women attending this event is to unlock the best kept career secret—their emotional intelligence—and how they can use it to lead themselves and those around them in a way that makes them relevant, respected and indispensable."

*How to Be an Emotionally Intelligent Leader* is O'Donoghue's third book which delves into emotional intelligence but the first that is more intentionally designed as a workbook to guide the reader's individualized development. [How to Be an Emotionally Intelligent Leader](#) as well as other books by the author—[How to Be a Woman in Technology](#) and [How to Be a Woman in Business](#) are available on Amazon.

For more information on GirlCon, please visit [girlconchicago.com](http://girlconchicago.com) and follow the group on Instagram @girlconchicago for real-time updates. For any questions, please contact [girlconchicago@gmail.com](mailto:girlconchicago@gmail.com).

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