

Duke University Integrates Emotional Intelligence Curriculum into Surgical Residency Program

Leadership coach Gina Catalano's EQ-based framework to debut this fall; upcoming book expands on tools now used to train the next generation of surgeons

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/EINPresswire.com/ -- Duke University Health System's Surgical Residency Program will launch a new emotional intelligence and leadership series this fall, based on the coaching framework developed by leadership expert Gina Maria Catalano. The six-part curriculum—designed to improve communication, resilience, and decision-making under pressure—will be integrated into Duke's SEAL (Surgical Education and Academic Learning) initiative.

The series covers topics such as managing conflict in hierarchical environments, navigating team dynamics with empathy, and building self-awareness in high-stakes settings. The goal: to help surgical residents strengthen the leadership skills that matter most when technical knowledge alone isn't enough.

"Duke's commitment to developing emotionally intelligent leaders represents a major step forward in how we prepare healthcare professionals for the demands of modern medicine," said Catalano. "Leadership isn't just about what you know—it's about how you show up. And that's exactly what this curriculum is designed to address."

Catalano, founder of [Centro Forza Group](#), is a Certified Professional Coach and Energy Leadership Index Master Practitioner who works with high-performing professionals across healthcare, government, and corporate sectors. Her coaching programs have helped trauma surgeons, hospital executives, and cross-functional teams boost trust, presence, and performance through emotional intelligence and energy management.



Gina Maria Catalano, founder of Centro Forza Group

The same research-backed tools that will be implemented at Duke are the focus of Catalano's forthcoming book, *The Leadership Wake-Up Call: How Emotional Intelligence Turns Smart Leaders into Trusted Ones*, scheduled for release June 23 on Amazon and Kindle. The book expands on the principles taught in her coaching and offers practical strategies for leaders navigating pressure, complexity, and burnout.

"We don't rise to the level of our skill set," said Catalano. "We rise—or fall—to the level of our self-awareness, energy, and emotional regulation. That's the real challenge of leadership, and it's what this book helps readers address."

In tandem with the book launch, Catalano will also open enrollment for [The 30-Day EQ Reset™](#), a self-paced program for professionals who want to apply these same tools in their leadership development journey.

With emotional exhaustion and disengagement rising across industries, Catalano's work offers a timely, human-centered approach to leadership. Whether in the operating room or the boardroom, her message is clear: emotional intelligence is not optional—it's essential.

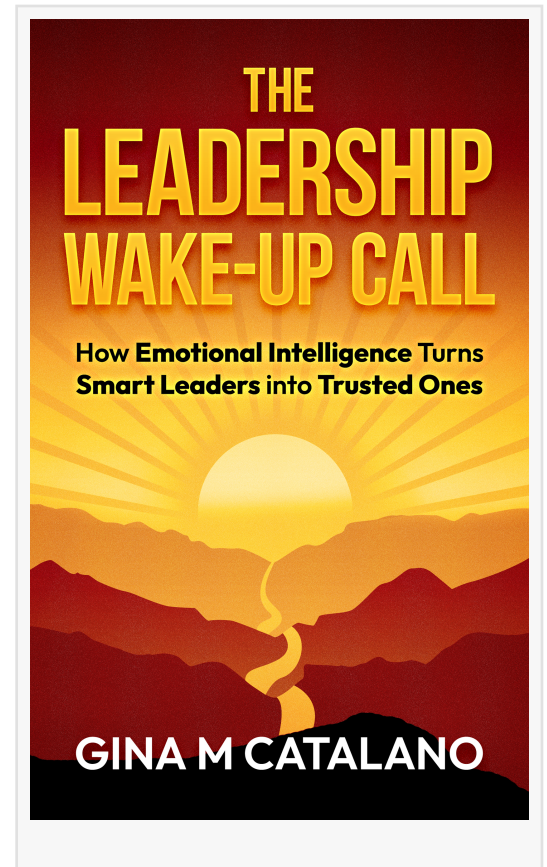
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Gina Maria Catalano

For more information on the Duke curriculum, the upcoming book, or to interview Gina Maria Catalano, visit www.centroforzagroup.com.

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You're smart. You've worked hard to get here. So why does leadership still feel harder than it should?

Maybe your team isn't fully with you.
Maybe burnout is creeping in.
Maybe you're leading, but not feeling fully trusted—or confident.

This is your wake-up call.

In *The Leadership Wake-Up Call*, I pull back the curtain on what truly elevates leadership: emotional intelligence. Not fluffy theory—but practical, no-nonsense EQ you can use every day to:

- ✓ Build trust fast in high-stakes situations
- ✓ Lead with clarity in tough conversations
- ✓ Strengthen your executive presence (without overthinking it)
- ✓ Manage your energy and emotions under pressure
- ✓ Rebuild team culture when it's off-track
- ✓ Stop burning out—and start leading sustainably

After decades leading Fortune 500 teams and coaching top surgeons, healthcare execs, and high-powered professionals, I've seen the truth: IQ gets you in the room, but EQ keeps people following you.

This book is for the leader ready to stop surviving and start thriving.

No jargon. No fluff. Just real-world tools and stories to help you lead with confidence, connection, and impact.

If you're ready to go from smart to trusted—let's go.

"I realized leadership isn't just about decision-making—it's about understanding emotional intelligence (EQ), managing energy, and knowing how to show up effectively under stress. She took what felt like a scattered palette of colors and taught me how to paint with it—how to build a strong foundation, put a roof over it, and fix things when the inevitable storm comes." — Graydon Stallard, D.O.



Gina Catalano is a leadership expert, internationally credentialled executive coach, and founder of Centro Forza Group. With over two decades of experience leading multiple high performing teams across Fortune 500 companies, she specializes in helping surgeon leaders, healthcare executives, and corporate professionals elevate their impact through emotional intelligence, executive presence, and communication mastery.

Known for her blend of directness, empathy, and real-world insight, she believes that small shifts create big transformation.

Gina is happily remarried to Daniel, mom to four amazing sons, two bonus daughters and dog mom to a fancy-pants poodle named Midgley. Whether in boardrooms or at the dinner table, she defines leadership as the art of showing up—fully present, emotionally intelligent, and with heart.

**The Leadership Wake-Up Call:
How Emotional Intelligence Turns
Smart Leaders into Trusted Ones,
scheduled for release June 23 on
Amazon and Kindle**

This press release can be viewed online at: <https://www.einpresswire.com/article/821010839>

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