



Grow Your People, Grow Your Business

The Emotional Intelligence Program

The Emotional Intelligence (EQ) program supports leaders and their teams as they **build a high EQ culture** in their organization. The 3-hour workshop explores **why emotional intelligence is such a strong determinant of superior performance** in the workplace, examines how **current levels of EQ impacts your ability to influence and connect with others**, and provides **strategies to elevate individual emotional intelligence**. The workshop highlights Daniel Goleman's 5 quadrants of EQ: self-awareness, self-regulation, social-awareness, social-regulation and motivation.

- **Avoid getting hijacked by your emotions**
- **Reduce team conflict and improve productivity**
- **Increase your influence and effectiveness**

Delivered Live or Virtually

EQ Assessment for Each Participant + 3 Hour Training Program + 1-2 Application Sessions

1 **WHAT IS EQ?**
Identify and understand what is Emotional Intelligence.

2 **WHY & HOW**
Understand why EQ is important and how it is measured.

3 **THE 5 QUADRANTS**
Understand the five areas of EQ and how they impact productivity, performance & leadership.

4 **FORTIFYING EQ**
Identify areas of strength and where your EQ may hinder performance.

5 **THE PLAN**
Create a Development Plan to increase your Emotional Intelligence

"90%

of the difference between star performers and average performers in senior leadership positions is EQ."

- Daniel Goleman in Emotional Intelligence: Why It Can Matter More Than IQ