

EMOTIONAL INTELLIGENCE (EQ) WORKSHOP

INTRODUCTION: IQ versus EQ: that is the question! Seriously, though both are important to an organization, it's often one's EQ which makes the critical difference in high-functioning, successful organizations. Intelligence Quotient (IQ) is one's measure of intelligence on a series of standardized tests, and is typically fixed, with little change over time. In contrast, Emotional Intelligence (EI) or Emotional Quotient (EQ) is the ability to identify, assess, and control one's emotions and those of others and is something which can change with education and awareness.

This program explores the core elements of Emotional Intelligence through a facilitated program with a comprehensive, personalized Emotional Intelligence report.

OBJECTIVE: To understand and formulate a plan for improving and best utilizing one's emotional intelligence skills.

WHO SHOULD ATTEND: Individuals or teams at all levels of your organization.

PROGRAM OVERVIEW:

- Understanding your EQ Development Report to leverage strengths for managing yourself and your relationships.
- Learning about the business case for EQ as it applies to workplace success and leadership styles
- Crafting a personal development plan for strengthening one's EQ behaviors
- Practicing use of a coaching tool for enhancing one's leadership style and coaching skills with your boss, peers, staff and others
- In-depth review of the five EQ areas assessed:
 - Self Awareness* – recognizing and understanding your moods
 - Self Regulation* – ability to manage disruptive moods or impulses
 - Motivation* – level of passion to work beyond money
 - Empathy* – how well you understand the emotional makeup of others
 - Social Skills* – your proficiency in building and managing relationships

METHODOLOGY: A facilitated workshop, at an offsite or client location, which includes a workbook and a personalized Emotional Quotient Inventory Report, including the following five high-level areas:

PROGRAM LENGTH: Half or full day

COURSE SIZE: A minimum class size of 6, to a maximum of 20

PROGRAM LOCATION: Onsite at client location or at an offsite meeting facility.

PROGRAM FEE OR ADDITIONAL COURSE INFORMATION: Please [contact us](#) for more program information or group session rates.

WEBSITE OVERVIEW: [click here](#).