



# EMOTIONAL INTELLIGENCE PROGRAM

## EMOTIONAL INTELLIGENCE (EQ) IMPACTS WORKPLACE SUCCESS

EQ is one of the most important skills needed in leadership and teamwork effectiveness, yet is one of the most underdeveloped skill in the workplace.

## ADVANCE YOUR EQ SKILLS FOR PROFESSIONAL GROWTH

The advantages of people with higher EQ levels leads to having stronger interpersonal skills, greater self-awareness, self-control, empathy, and relationship management.

Through this half day EQ program, you will gain greater insights into emotional intelligence: how it impacts your workplace, everyday life, and leadership effectiveness.



**UNDERSTAND EMOTIONAL INTELLIGENCE**

**4-HOUR IMPACTFUL WORKSHOP**

**TOP RATED PROGRAM**

## Key Program Takeaways

- Understand what EQ really means
- Learn the effects of EQ on your everyday life
- Discover the impact stress has on EQ and the brain
- Review the five EQ competencies
- Leverage your EQ report to better manage strengths & weaknesses
- Learn how to develop your EQ potential for future success

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Advancing People In Business<sup>SM</sup>

## EXPERIENCE A TRANSFORMATIVE EQ PROGRAM

*“Up to 90% of the difference between outstanding and average leaders is linked to emotional intelligence, and EQ is twice as important as IQ and technical expertise combined, and is four times as important in overall success.” - Hay Group*

### WHAT YOU’LL EXPERIENCE

- Interactive group exercises
- Understanding the impact of EQ on others
- How to build leadership skills through EQ
- Insights into your personalized report & what it measures in five key areas of EQ

### WHY CHOOSE KERRHILL?

- Over 34 years of proven training success
- Our trainings are engaging, challenging, thought-provoking, and fun, for a transformative learning experience
- Learnings stick and tools are easy to apply

### EMOTIONAL INTELLIGENCE PROGRAM OVERVIEW

- Designed for:** Individuals, leaders, and teams seeking to improve their EQ skills
- Format:** Available in-person or virtually
- Length:** 4 hour workshop
- Location:** Onsite at client location or at an offsite meeting facility
- Cost:** \$695 per person
- Group size:** 6-20 people
- Workshop includes:** All course materials and a personalized EQ report to help participants identify and strengthen their EQ skills.

**Workshops are held throughout the year**  
**[Register online](#) or [contact us](#) at [info@kerrhill.com](mailto:info@kerrhill.com)**