

What is Emotional Intelligence?

"Emotional Intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it drives many of our daily actions."

Freedman et al. Handle With Care: Emotional Intelligence Activity Book, Introduction, 1997/1998

The Emotional Intelligence Inventory (EQ-i) was developed by Dr. Reuven Bar On in 1997. His quest was to answer the question "Why do some people with high IQ's fail in life, while others with moderate IQ's succeed?"

This EQ-I assessment provides feedback on 5 scales:

- *Intrapersonal* – Emotional self awareness and ability to assert one's self
- *Interpersonal* – Ability to establish relationships and demonstrate empathy with others
- *Adaptability* – Ability to problem solve and remain flexible to change
- *Stress Management* – Ability to withstand stress and resist impulse
- *General Mood* – Self satisfaction and optimism in life

Take the Assessment & Take Control of your EQ:

The EQ-i is completed online and followed up with a debrief from an EQ-i certified coach. Together you will identify specific action steps to help you enhance your EQ. Unlike IQ, this can change over time. It's through your awareness and desire to enhance your results where you will see increased success.

Your assessment results are delivered in a one-hour coaching session, which will provide an interpretation of your results and coaching on the top 3 areas that are most important to your success. Your coach will create a personalized development plan with you so that you can continue to build your own emotional intelligence capabilities.

Additionally, we provide a coaching session one month after your debrief. This allows you to check-in, get feedback and continue the momentum towards the results you want to obtain.

Why the EQ-i?

As a leader, it's important to understand how you might leverage your EQ to:

- Increase your self-awareness
- Strengthen your leadership style
- Build more effective relationships and strategic partnerships
- Create clear expectations for self and others
- Improve overall effectiveness for self and your organization

Fee: \$ 299

Includes:

- Online assessment and debrief
- Development Plan
- Follow up Coaching Call

*Ask about our
TEAM EQ-i Program*



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