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## What is Emotional Intelligence (EQ)?



Leadership Presence is very much in vogue, as is our ability to innovate and succeed in a volatile, changing world. Being present and avoiding distractions are essential. Emotional Intelligence (EQ) is the key to unlocking that door.

Emotional Intelligence is an essential first step in tackling the “de-railers” that impact many careers as we progress. Center for Creative Leadership study research indicates EQ is a far greater predictor of success than IQ.

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## Course Description

Emotional Intelligence is a 4-6 hour, facilitated workshop dedicated to improving communications, productivity, and teamwork by strengthening participants’ individual and collective EQ.

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## Ideal Audience

Leaders at all levels, intact teams and individual contributors.

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## Outcomes

- Improve business and social relationships
- Communicate more authentically
- Achieve results through others



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## Program Topics

*Our Emotional Intelligence workshops typically include the topics described below:*

- Defining Emotional Intelligence
- Understanding the 5 Components of EQ
- Identifying & Managing Triggers
- Identifying & Growing your EQ

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## Learning Objectives

- Monitor and manage emotions of self and others
- Identify triggers that negatively impact reactions
- Create a ‘space’ for positive influence on others
- Develop teamwork and avoid team conflict
- Increase personal flexibility and effectiveness
- Enable change and growth