

Emotional Intelligence

What is Emotional Intelligence (EQ)?

- It's the single biggest predictor of performance in the workplace
- It's the strongest driver of leadership and personal excellence
- Unlike IQ, your EQ score will increase through development
- EQ consists of 4 skill areas:
 - Self awareness
 - Self management
 - Social Awareness
 - Relationship Management

- **2 DAY WORKSHOP FOLLOWED BY 9 GROUP COACHING CONFERENCE CALLS (OVER 3 MONTHS)**
- **2 CERTIFIED CO-ACTIVE COACHES**
- **1:1 ASSESSMENT REVIEW**
- **SUSTAIN AND INTEGRATE THE EQ CONCEPTS OVER TIME**

By attending this class you will

- **Assess your current leadership skills**
- **Obtain specific actions that will improve your skills within 3 months**
- **Improve teamwork results**
- **Identify behavioral change possibilities for you and your team**
- **Improve relationships with direct reports and business partners**
- **Improve business results**
- **Reduce conflict and minimize stress**
- **Increase commitment to organization's goals**
- **Re-assess your skills (after 3 months)**

"Research shows convincingly that EQ is more important than IQ in almost every role and many times more important in leadership roles." - Dr. Stephen R. Covey

"With a conservative estimate, the ROI on the typical coaching program was 5.7 times the initial investment." (Manchester, Inc 1/4/2001 Survey Results)

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CURRICULUM

INTRODUCTION

- Complete the Emotional Intelligence assessment
- Understand the 4 Emotional Intelligence Quadrants
- Learn the Differences between EQ, IQ and Personality

LEARN HOW TO...

- use your own EQ when engaging in communication > **Self Awareness**
- manage your emotions in difficult situations > **Self Management**
- use your awareness of others to perform at your peak > **Social Awareness**
- manage your relationships to increase job performance > **Relationship Management**
- integrate EQ into your job and life

PeopleTek's 2 day workshop introduces the concepts of Emotional Intelligence (EQ) and provides a series of experiential learning exercises to deepen individual learnings.

- Each participant receives (prior to the workshop) a copy of "Emotional Intelligence Quickbook" as an introduction to Daniel Goleman's model of EQ which includes a EQ self-assessment test.
- Each participant will complete an online EQ self-assessment with the results individually reviewed by one of the facilitators.
- Following the 2 day workshop a series of group coaching teleconference calls will be held over 90 days to help sustain and integrate the concepts of EQ for the participants. These new concepts and approaches will become part of each participant's management style and lead to permanent change.
- After completing the group coaching teleconference calls each participant will retake the EQ assessment to measure the impact of their EQ from the start of the program to completion

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