



INCREASING YOUR EMOTIONAL INTELLIGENCE

Are you ready to supercharge your performance?

Emotional intelligence elevates all of your other skills and is the single best predictor of performance. Fortunately, you can increase your emotional intelligence if you know how.

Teams with high EQ make fewer mistakes, are more profitable, solve problems faster, enjoy higher productivity, and maintain higher morale than lower EQ teams.

Your emotional intelligence influences your decisions, ability to solve problems and the quality of your relationships. Can you afford not to develop it?

DO YOU NEED TO:

- ❖ Adapt to change frequently?
- ❖ Motivate yourself and others to do what may seem impossible?
- ❖ Overcome challenges on a regular basis?
- ❖ Work with difficult people?
- ❖ Navigate conflict, negotiate, and collaborate with others?
- ❖ Develop the resilience to bounce back quickly from setbacks?

You'll learn the power of emotional intelligence and how to leverage it to maximize your performance.

YOU WILL LEAVE WITH:

- ✓ An understanding of how to change self-defeating behaviors and moods.
- ✓ 8 ways to escape an emotional hijack.
- ✓ The #1 tool to improve negotiations, conflict resolution, and collaboration.
- ✓ A powerful strategy to increase your focus, minimize procrastination, and make unbiased decisions.
- ✓ Strategies to identify and manage your triggers so they don't manage you.
- ✓ The ability to utilize emotional contagion to drive team results.
- ✓ Your starting EQ scores with an opportunity to retest 3 times to track progress.
- ✓ A plan and resources to continue increasing your EQ for 12 months.

HOW WE GET THE RESULTS WE PROMISE:

- ❖ We cut through the fluff and focus on the practical application to help you excel.
- ❖ We are experts in human behavior who understand how to effectively put theory into practice.
- ❖ We provide relevant exercises so you can practice skills taught and get insightful feedback.
- ❖ We use research and real-life stories that bring the content to life and drive points home.
- ❖ We facilitate thought-provoking discussions that challenge preconceptions.

We guarantee a measurable increase in your Emotional Intelligence!