



THE EQ EDGE

Leadership Development Workshop

Tap into the power of emotional intelligence to relieve stress, build resilience, and deliver results.

Whether you're a manager, a team member, in sales, or delivering a service, emotional intelligence (EQ) is increasingly becoming one of the most important skills any individual can have. The research is clear, people with high emotional intelligence:

- **Have higher job satisfaction**
- **Are more effective employees**
- **Outperform and earn more than their colleagues**
- **Live with higher confidence, resilience, and happiness**

This workshop will help you understand what emotional intelligence is, assess your EQ effectiveness, and learn simple strategies that increase your EQ.

Foundations of Emotional Intelligence

Thanks to Reuven Bar-On, MHS Inc.



Self- Perception

- Self-regard
- Self-actualization
- Emotional Self-Awareness



Self- Expression

- Emotional Expression
- Assertiveness
- Independence



Interpersonal

- Interpersonal Relationships
- Empathy
- Social Responsibility



Decision Making

- Problem Solving
- Reality Testing
- Impulse Control



Stress Management

- Flexibility
- Stress Tolerance
- Optimism

Workshop Overview

Step One – Learn what Emotional Intelligence (EQ) is, and why it matters

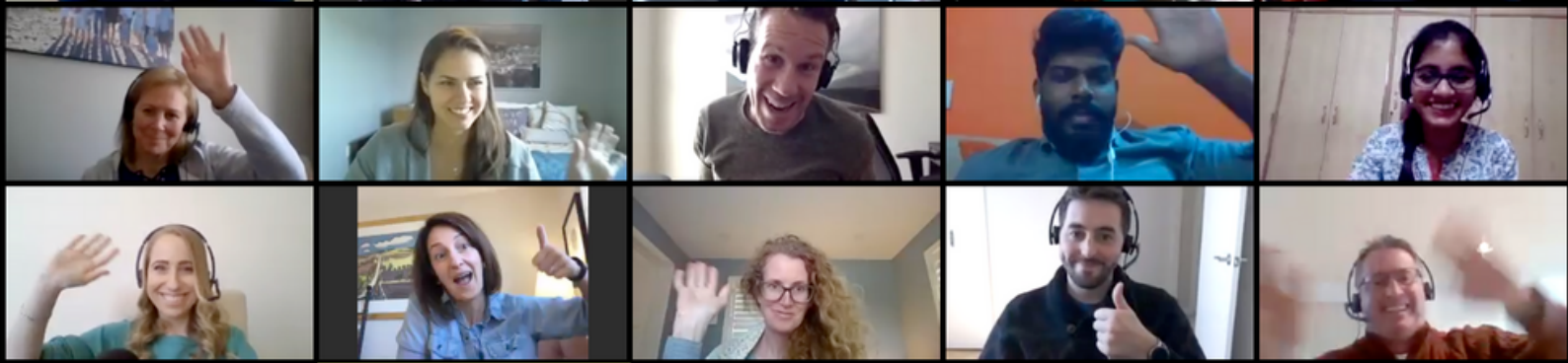
Step Two – Understand your personal EQ assessment results

Step Three – Work through each of the five foundations of EQ, and explore the 15 subsections (see model above)

Step Four – Create an action plan that will develop your EQ and give you a leadership edge

“The most effective leaders are all alike in one crucial way: they all have a high degree of what has come to be known as emotional intelligence. Without it, a person can have the best training in the world, an incisive, analytical mind, and an endless supply of smart ideas, but he still won’t make a great leader.”

Daniel Golman, Author - Emotional Intelligence



WHAT DO YOU GET WITH THIS WORKSHOP?

- Personal EQ-i Assessment and 21-page interpretive report
- Interactive small group discussions and activities
- Reflection materials and follow-up resources
- Optional 1-on-1 debriefing session following the workshop



This workshop is perfect for anyone who is...

- Developing as a leader and/or leading a team
- Growing in your self-awareness and developing your strengths
- Feeling emotionally hijacked by life
- Looking for more purpose in life and work
- Needing a boost of motivation and positivity



"Leaders for Leaders' down to earth approach empowers the head, enables the hand, engages the heart, and enriches the spirit. Participants raved about the relevance and usefulness of the content as well as the fun and effective facilitation style."

Kristine Clark - Strategic Human Resources Advisor, MTO