



Emotional Intelligence (EQ) 5 Week Online Boot Camp

Description: It has been said “the greatest distance in the world is 14 inches...from the mind to the heart.” Learn how strengthening your EQ will help you be a greater asset to your sphere of influence.

EQ: “a set of emotional, social and relational skills that guides the way we perceive, understand and express ourselves; connect with others; manage interpersonal exchange; cope with challenges; and apply emotional information in an effective, meaningful way.”

Objective: Each participant will discover their EQ health, understand how emotions impact decisions, communication, and relationships, and steps to practice EQ in their sphere of influence.

Key Outcomes:

1. Learn the four skills of EQ with action steps worksheet.
2. Learn how to understand and apply insights from individual EQ Assessment.
3. Steps to begin immediate practice of EQ.
4. Learn from the collective IQ of the group.

Dates/Time:

- **March 12, 19, 26 and April 2, 9**
- **8:45-10:00 AM EST**

What is included:

- Personal EQ Online Assessment with 32 page report.
- Five, 75 minutes classes delivered **LIVE** by ZOOM video platform.
- Access to facilitator and business coach Jane Bishop between classes.
- Limited class size to leverage the opportunity to learn from others.

Requirements:

- Show up prepared and ready to be engaged in discussion.
- Protect class time as classes may not be recorded.
- Willing to invest in yourself for 75 minutes, once a week.
- Willing to invest in yourself between classes to complete field work assignments.



Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.

BRIAN TRACY

Financial Investment: \$199

Register online at www.takethenextstepcct.com