

EQ-i Coach: Coaching

What is EQ?

Emotional Intelligence (EQ) is an emotional and social skillset that influences the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way. It is a key indicator in predicting human performance and development potential in the workplace. EQ skills are learnable and can be targeted and developed over time.

EQ-i Coach helps executives and teams become more productive, more profitable, and more personally fulfilled. This is accomplished by assessing innate skills in order to identify and address the gaps between actual and expected performance in the workplace. We then coach an individual or team to bridge the gaps to maximize performance. These transformations occur through 1:1 or team coaching, assessments and audits, and workshops.



It is possible for EQ skills to be taught and developed over time. With supportive guidance, emotional intelligence can be strengthened. EQ-i Coach will partner with individuals and teams for an entire year to hone these skills. Learn tactics for healthy, productive interactions, explore behavioral adjustments, and discuss challenges as they arise.



Team Coaching: 12-month engagement for once-a-month sessions (up to two hours for up to 10 people). Includes two assessments (pre- and post-engagement) and quarterly 30-minute check-ins with the boss or team supervisor to debrief about progress.



Individual Coaching: 12-month engagement for a weekly one-hour session to be conducted in-person, via Skype, or on the phone. Includes two assessments (pre- and post-engagement) and quarterly 30-minute check-ins with the boss or team supervisor to debrief if appropriate. Sessions may be conducted weekly, twice a month, or once a month, depending on preference. Shorter engagements are available; pricing upon request.



Executive Coaching: 12-month engagement for a weekly one-hour session to be conducted in-person, via Skype, or on the phone. Includes two assessments (pre- and post-engagement). Sessions may be conducted weekly, twice a month, or once a month, depending on preference.

Want to develop your EQ skills further?
Contact EQ-i Coach at **314-499-1110**
or email **rmoore@eqicoach.com**.

WWW.EQICOACH.COM