

# The EQ Crash Course

In times of intense change, even the most resilient individuals can experience burnout. When you notice high-performing team members losing sight of goals, tiring quickly, igniting conflict, or seeming overwhelmed, strengthening their EQ skills can be the key to helping them bounce back and excel.

**EQ skills like stress tolerance, problem solving, and optimism can help your team build the resiliency they need to succeed at any time, in any environment – and with my EQ Crash Course, they can build these skills in just six months.** This program combines two of my most popular service offerings – assessments and coaching – to help individuals build critical EQ skills quickly.

This program was designed specifically to help individuals learn tactics for effective communication, explore behavioral adjustments for higher productivity, identify actionable steps to deal with stressors, and face challenges directly as they arise.



## When you sign your team member up for my EQ Crash Course, you'll receive:

- **Two EQ-i 2.0 Leadership Assessments with Reports** and two 90-minute debrief meetings (pre- and post-engagement to gauge progress) with a developmental plan
- A **custom, structured EQ coaching program** based on the results of the first Leadership Assessment, built around strengthening key EQ skills
- **Three 30-minute progress meetings** with coachee's supervisor to assess progress (beginning, middle, and end of engagement)
- **Weekly 50-minute individual coaching** meetings for first 3 months
- **Bi-weekly 50-minute individual coaching** meetings for the second 3 months



## What EQ skills might an individual develop during this program?

Because no two people are alike, every EQ Crash Course program is tailored to the specific needs of the individual. I'll work with you and your team member to identify and improve the specific EQ skills that are holding them back, including:

✓ Self-regard	✓ Self-actualization	✓ Emotional Self-awareness	✓ Emotional Expression
✓ Independence	✓ Assertiveness	✓ Empathy	✓ Interpersonal Relationships
✓ Social Responsibility	✓ Problem Solving	✓ Reality Testing	✓ Impulse Control
✓ Stress Tolerance	✓ Flexibility	✓ Optimism	✓ Happiness

**Pricing:** \$7,550/person for 6-month engagement\*. Additional meetings can be added for \$300 per hour.

\*Payment plans available: Participants can be billed a lump sum of \$7,550, in four payments of \$1,900 each, or six payments of \$1,300 each.

If you or one of your team members is experiencing high levels of stress, burnout, or struggling to adapt to change, contact me at [rmoore@eqicoach.com](mailto:rmoore@eqicoach.com) to sign up for the EQ Crash Course.

[WWW.EQICOACH.COM](http://www.eqicoach.com)