

# EQ-i Coach: Workshops

## 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.



Workshops are an effective way to introduce emotional intelligence concepts to large groups. EQ-i Coach works with corporations, associations, and groups across industries throughout the country conducting half- and full-day workshops. Organizations may choose from one of the topics listed below or contact EQ-i Coach to discuss the possibility of a custom workshop topic.

## Don't Pull the Trigger: Recognizing and Addressing Emotional Triggers

Explore how emotions can hijack the brain and learn how to take control of reactive behavior.

## What is EQ and Why Should I Care?

An introduction to emotional intelligence and why it's important in both personal and professional life.

## Perspective for Profit: Emotional Self-Awareness and Expression

Knowing how to read yourself and others can contribute to increased perspective—and profit. Learn how reactions are tied to revenue in this workshop.

## Leading with Emotional Intelligence

Insights, explanations, and practical tips on how to become a more effective and inspiring leader.

## Today's Leadership Challenge: Multigenerational Teams

Learn how to lead teams that have different mindsets, behaviors, and motivators.

## Navigating Change Successfully

Change is stressful. Learn how to accept and support change initiatives faster by focusing on emotions that are critical for success.

## Hardiness and Resilience

When the going gets tough, how tough are you and your team? Do you have the skills you need to directly deal with stressful circumstances?

## Paper Scrapers

A team building simulation. Learn the value of creativity, planning, and execution as the team experiences the challenge of marketing a project to other groups.

Interested in hosting an EQ-i workshop?  
Contact EQ-i Coach at **314-499-1110** or  
email **[rmoore@eqicoach.com](mailto:rmoore@eqicoach.com)**.

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