



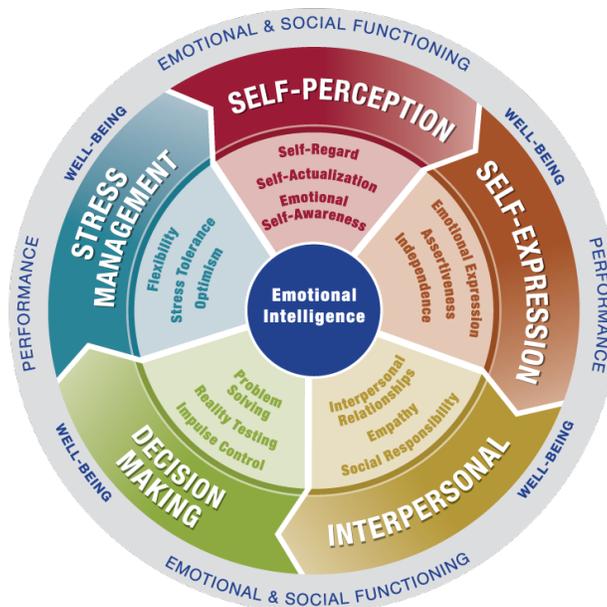
Changing Minds

The good life is a process, not a state of being.

Emotional Intelligence

Emotional intelligence (EQ) is the ability to understand and effectively manage your emotions, as well as, the ability to perceive the emotions of others; while managing this delicate balance effectively. The great news is that everyone can become more emotionally intelligent with knowledge and skill enhancement. Personalized individual coaching and/or the workshop series provide the opportunity for you to learn more about how you are currently functioning in the 15 areas of emotional intelligence. As well, you will then learn specific skills and strategies to enhance and develop your emotional intelligence to improve your personal, academic and work life. Knowledge is power, emotional knowledge can transform your life.

The EQ-i^{2.0} Model



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Why Focus on Developing Your EQ?

Emotional Intelligence (EQ) is the ability to identify, use, understand, and manage emotions in an effective and positive way. Which then means that a high EQ can help individuals to communicate better, reduce their anxiety and stress, defuse conflicts, improve relationships, empathize with others and effectively overcome life's challenges.

The Assessment:

The workshop series, or coaching sessions, involve an assessment with a personalized feedback session. The Emotion Quotient Inventory (EQ-i 2.0) measures 15 areas of emotional and social intelligence. The EQ-i 2.0 provides you with a picture of how you **operate emotionally**, your **areas of strength** and **potential areas for development**.

The Workshop Series:

The 10-week workshop series will focus on specific skills and strategies that can help enhance your emotional intelligence in the following areas:

Self-Perception	Self-Expression	Interpersonal	Decision Making	Stress Management
Self-Regard	Emotional Expression	Interpersonal	Problem Solving	Flexibility
Self-Actualization	Assertiveness	Relationships	Reality Testing	Stress Tolerance
Emotional Self-Awareness	Independence	Empathy	Impulse Control	Optimism
		Social Responsibility		

The Details:

Workshop Series

- 10 Week Series – 2hrs/Week
- \$625/Person (Minimum 10 Participants, Maximum 20 Participants)
- Includes: EQ-i 2.0 Assessment/Feedback and Workshop Handouts

Personal EQ Coaching

- EQ-i 2.0 Online Assessment and In-Person Feedback Session - \$150/hr
- EQ Coaching Development Sessions - \$90/hr

“It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of the heart over head, it is the unique intersection of both”

David Caruso, PhD

Yale Centre for Emotional Intelligence