

Your Power Lies in Your Choices

EMOTIONAL INTELLIGENCE



It Starts With Me is a half-day or full-day program that takes you on an interactive journey to learn about yourself, how you build trusting relationships, and how you lead. You will explore five key composite areas of emotional intelligence: self-perception, self-expression, interpersonal relationships, decision making, and stress management. You'll learn how each of these elements impacts your ability to create stronger influence in your organization, creates highly-engaged teams, and ultimately drives stronger results. Additionally, you will complete the EQ-i 2.0 assessment prior to attending the program and receive your results. You will leave the workshop with not only stronger self-awareness but actionable next steps on how you can show up better in both your personal and professional life.

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

- David Caruso

PURPOSE

- Provide an interactive learning space for participants to gain stronger self-awareness on how they currently show up and learn the impact it has on their personal and professional lives.

YOU WILL LEARN TO...

- Understand the 15 elements that make up your emotional intelligence
- Identify the impact emotional intelligence has on both yours and the company's success
- Flex your emotional intelligence to your organizational culture
- Interpret your EQ-i 2.0 results
- Map out actionable next steps on your transformation plan

Workshop Details

TIMING:

- 4 hour or full day face-to-face program
- Location determined by client

LOGISTICS:

- 8-40 participants per session
- Great team building activity

MATERIALS:

- Each participant will complete the EQ-i 2.0 workplace assessment prior to attending the program



Let's Connect: justin@justinpatton.com or 502.797.3555