Strong leadership begins with strong self-awareness. Research has shown that emotional intelligence (EI) is more of an indicator for success than one's IQ, and the best organizations spend time helping their leaders develop in this area.

This half-day workshop has leaders explore the 15 core traits of emotional intelligence and how those traits impact one's leadership brand, communication style, and credibility across the organization. This program is grounded in research and focuses on five key areas of emotional intelligence:

- self-perception
- self-expression
- interpersonal
- decision making
- stress management

Each participant will receive his/her EQ-i 2.0 assessment results at the end of the program, analyze the results, and create a plan of action he/she will share with their manager.

“Justin's expertise in leadership development, paired with his enthusiasm and high energy, made our session one everyone will remember. Everybody was able to walk away with a better sense of self.”

- Lisa Brangers, Training Manager
  Park Community Credit Union

---

**PROGRAM OBJECTIVES**

- Analyze your self-reported EQ-i 2.0 assessment results
- Discuss how ego erodes one's emotional intelligence
- Create a common vocabulary on how to coach others
- Learn to identify the 15 EI traits in day-to-day interactions
- Develop an action plan you will commit to moving forward

---

**PROGRAM LOGISTICS**

**TIMING OF PROGRAM**
Half-Day Leadership Workshop

**SUPPORTING MATERIALS**
Complete the EQ-i 2.0 online assessment before workshop
All participants complete EI learning map during workshop
Complete EI transformation plan to share with manager

**EMOTIONAL INTELLIGENCE COMPETENCIES TARGETED**
Self-Regard | Self-Actualization | Independence
Reality Testing | Interpersonal Relationships | Flexibility

---

www.justinpatton.com