



90 Days of

GROWTH & INSPIRATION



Goal of Program

Provide a safe space for leaders to grow key emotional intelligence traits, apply and experiment with the concepts learned, and discuss challenges and successes each week.



Target Audience

This program is designed for leaders at any level wanting to grow their emotional intelligence or who want to take a group of leaders through the program together.



EQ Assessment

Want to take this 90 day program to the next level? Have each leader complete their EQi 2.0 self assessment prior to the experience, so they know their strengths and blindspots.

What You Should Know

This is a completely virtual experience over the course of 90 days. Each week leaders will spend 45-60 minutes learning a core emotional intelligence trait. They will spend a week apply and practicing what they learned and then debrief the following week. Each concept will build off of the previous one. Timing and order of the topics can vary based off of client's needs.

Why Choose This Experience?

- ✓ Emotional intelligence is a bigger factor in success than IQ.
- ✓ The concepts stick because we incorporate social, application, reflection, and accountability.
- ✓ Leaders will be able to apply what they learn in both their personal and professional lives.

For more info, visit www.justinpatton.com
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LET'S TALK: 502.797.3555

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EQ Topics Covered in This Experience

All topics covered are connected to research on what it takes to develop stronger emotional intelligence. A private Facebook group will be set up for each cohort where they will answer questions before the week's session and receive follow-up resources to help in the application of the material learned.

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| WEEK 01 | UNDERSTANDING EQ & HOW IT IMPACTS TRUST |
| WEEK 02 | SELF-REGARD |
| WEEK 03 | SELF-ACTUALIZATION |
| WEEK 04 | OPTIMISM |
| WEEK 05 | INTERPERSONAL RELATIONSHIPS & EMPATHY |
| WEEK 06 | EMOTIONAL SELF-AWARENESS |
| WEEK 07 | EMOTIONAL EXPRESSION & ASSERTIVENESS |
| WEEK 08 | PROBLEM SOLVING & REALITY TESTING |
| WEEK 09 | IMPULSE CONTROL |
| WEEK 10 | STRESS TOLERANCE & FLEXIBILITY |
| WEEK 11 | INDEPENDENCE & SOCIAL RESPONSIBILITY |
| WEEK 12 | FINAL DEBRIEF & CELEBRATION |

Weekly Schedule

Structure can be customized to each client's needs

Facebook Post
Discussion Question

45-60 Minute
Webinar

Facilitator Post
Follow-Up Materials

Post Successes or
Challenges in FB Group



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