

# EQ Unlocked: Emotionally Smart. Strategically Bold.

HARNESSING EQ TO STRENGTHEN RELATIONSHIPS, LEAD WITH INFLUENCE, AND BUILD THE CULTURE EVERYONE DESERVES

## PROGRAM DESCRIPTION

Strategic leadership isn't just about being the smartest person in the room. It's about being the most emotionally present one.

EQ Unlocked is a bold, interactive workshop that helps leaders get real about the energy they bring into every room, the relationships they shape, and the culture they help create—on purpose or by accident.

Through powerful self-assessments, high-stakes simulations, and raw conversation, leaders will uncover where they're thriving, where they're leaking trust, and how to build habits that actually stick. This isn't about being soft. It's about being smart—emotionally smart—and learning to lead with clarity, courage, and connection.

Because your presence is more than a leadership trait. It's a promise. And emotional intelligence is how you keep it.

## PROGRAM OBJECTIVES

- ✓ Identify and apply the 15 core EQ competencies to strengthen leadership presence
- ✓ Examine how ego, overuse, and underuse of EQ traits can erode trust and derail influence
- ✓ Use a shared vocabulary to coach and give feedback when necessary
- ✓ Interpret your EQ-i 2.0 assessment to uncover blind spots and performance opportunities
- ✓ Build an action plan that translates emotional intelligence into trust, culture, and impact

## CLIENT TESTIMONIAL

"We have been holding our business conference for four years and have featured nationally-known television personalities, to successful authors, to sports celebrities. This year, we heard time and time again from attendees, Justin is by far the best speaker our audience has heard at our conference. His message and delivery holds the attention of the audience and they leave wanting even more."

**TIFFANY MENKE**, *President of Urbandale Chamber of Commerce*

## PROGRAM LOGISTICS



### TIMING OF PROGRAM

3 hours



### SUPPORTING MATERIALS

All participants will receive a participant workbook & their EQ-i 2.0 assessment results

