

# EQ Unlocked

HOW LEADERS WHO GET REAL ABOUT THEMSELVES BUILD THE TEAMS AND CULTURES WORTH STAYING FOR



## WORKSHOP DESCRIPTION

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

Most leaders have been told their whole career to keep emotions out of it. Stay professional. Stay objective. Stay in your head. And most leaders have watched that advice quietly damage their relationships, their teams, and their ability to lead people who actually want to follow them.

Emotional Intelligence Unlocked is where that story changes. In this immersive, half-day workshop, Justin Patton guides leaders through a deep and honest examination of how they show up — the emotions they bring into every room, the blind spots their strengths create, and the daily choices that either build trust or slowly erode it. Using the EQ-i 2.0, the world's leading emotional intelligence assessment, participants gain a personalized picture of where they're thriving and where they're leaking the influence they think they have.

This isn't soft work. It's the hardest kind of leadership development there is. Because it asks people to get honest about themselves before they try to lead anyone else.

Leaders leave with a clear EQ action plan, a shared language for coaching and giving feedback, and a fundamentally different understanding of why how they feel determines how they lead.

## PROGRAM OBJECTIVES

- ✓ Understand the 15 EQ competencies and recognize how each shapes how others experience you
- ✓ Identify the specific EQ blind spots where your strengths are quietly becoming your liabilities
- ✓ Build a shared EQ language that makes feedback, coaching, and honest conversation easier
- ✓ Interpret your personalized EQ-i 2.0 results and understand exactly what they mean
- ✓ Leave with a concrete EQ action plan that changes how you show up at work and at home



## TESTIMONIAL OF PROGRAM

"Justin's keynote kicked off our conference and set the tone for an amazing week. Our attendees left appreciating the power of their presence and reflecting on how they show up, how they build trust, and how much starts with self-awareness and the willingness to be vulnerable."

**SHEILA ARQUETTE**, *President & CEO at National Association of Specialty Pharmacy*