

Emotional intelligence (EQ) isn't just the standard for individual success. It also determines how teams work with each other and within their organization to achieve performance goals. Since organizations rely on team to launch products and programs, change the world, delight their customers, mobilize services, and innovate, increasing team EQ can lead to tremendous competitive advantage.

TalentSmartEQ's Mastering EQ™ for Teams elevates team EQ skills to help organization, teams, and team members achieve peak performance.

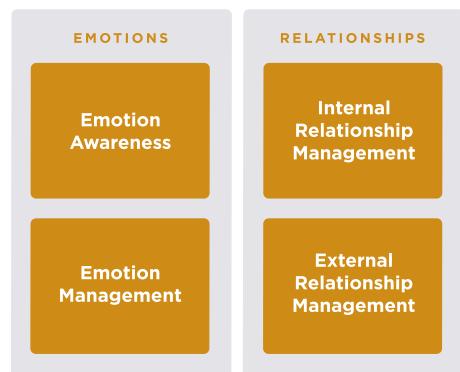
## Help Your Team Learn How To:

**1**  
**Notice and get ahead of negative emotions** that surface among the team and team members.

**2**  
**Use team member strengths** to respond to challenges faced by the team and within the team.

**3**  
**Deepen relationships** held by the team with other teams or key players outside the team.

**4**  
**Use Team EQ strategies to maximize team performance** and cohesiveness.



## What Is Mastering EQ™ for Teams?

Mastering EQ™ for Teams helps intact teams perform under pressure and achieve their goals. A team's EQ is the product of four core skills: emotion awareness, emotion management, internal relationships, and external relationship management.

## This Half-day Program Guides Team Members the Opportunity to:

▼ Understand what Team EQ skills are and how to develop them

▼ Measure their Team EQ skills to identify strengths and challenges

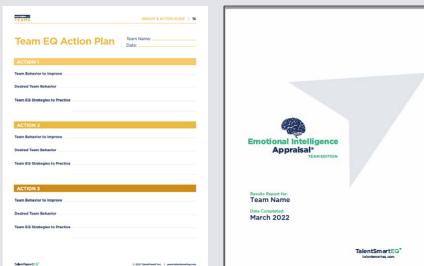
▼ Discuss their Team EQ results and strategies for navigating challenges that get in the team's way

▼ Formulate a Team EQ Action Plan and ground rules for working with each other



## Mastering EQ™ for Teams Session Materials

- 1 Insight & Action Guide for each team member
- 2 The Emotional Intelligence Appraisal® - Team Edition results report
- 3 55 Team EQ Strategies Guide
- 4 Team EQ Action Plan for the team



If your teams are tackling challenges with **conflict, change, growth, innovation, morale, productivity, quality results, stress, speed, or service**, then your teams need **Mastering EQ™ for Teams training**.

### Benefits include:

**Improved Team Performance.** Make certain that your team establishes norms that will boost team performance in the areas that matter to your organization.

**Positive Relationships.** Practice team EQ strategies that will help team members foster relationships with each other and those outside the team

**Emotion Awareness and Management.** Delve into the role emotions play within the team and how to maximize team member strengths to manage the impact of negative emotions.

### Half-Day Program

Mastering EQ™ for Teams teaches what Team EQ is, asks team members to observe and discuss Team EQ skills in action, debriefs the team on their Team EQ skill scores. Team members learn 55 Team EQ strategies to practice, collaboratively develop a Team EQ Action Plan, and agree on Team Norms and ground rules for how to communicate and work with each other.

**Ask Us to Deliver this Program.** Our expert facilitators will deliver your session virtually using our platform or hosted by yours.

**Facilitate this Program Yourself** – Have you already attended TalentSmartEQ's Mastering EQ™ Level 1 Train-the-Trainer? Attend an upcoming Mastering EQ™ for Teams Train-the-Trainer and begin facilitating this program internally at your organization.

### How Do We Get Started?

To bring the Mastering EQ™ for Teams program to your organization, or to learn more, contact us today at **1-888-818-SMART**.

Or visit us at [www.talentsmarEQ.com](http://www.talentsmarEQ.com).