

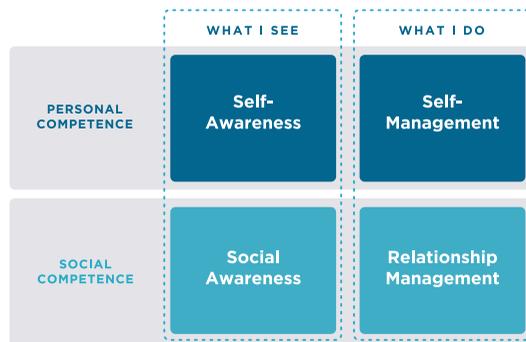
## MASTERING EQ<sup>®</sup> LEVEL 1

**“The daily challenge of dealing effectively with our emotions is critical because our brains are hard-wired to give emotions the upper hand.”**

Drs. Travis Bradberry and Jean Greaves  
*Emotional Intelligence 2.0*

### Emotional Intelligence Matters.

Whether you are aware of them or not, emotions are intertwined in everything you think, do, and say each day on the job, in your career and throughout your life. Emotional intelligence (EQ) is how you handle yourself and others on the job. Your EQ consists of four core skills:



|                         |   |
|-------------------------|---|
| SELF-AWARENESS          | Awareness of your own emotions and tendencies and understanding your strengths and personal style opens doors for you to...         |
| SELF-MANAGEMENT         | Manage your reactions effectively by making better decisions and responding to challenges and opportunities productively.           |
| SOCIAL AWARENESS        | Awareness of the emotions of other people including unspoken cues and the mood in the room gives you the information you need to... |
| RELATIONSHIP MANAGEMENT | Manage relationships by building, strengthening and deepening your connections with the people in your social network.              |

Organizations that embrace EQ development within their workforce experience:

- Better team collaboration and improved productivity
- Keen resilience and effective leadership
- More engagement and increased work satisfaction
- Improved organizational culture

**This program has one purpose...  
to elevate your learner's EQ...**

TalentSmart's *Mastering EQ*<sup>®</sup> Level 1 will take participants far beyond knowing what EQ is and how they score on their first EQ assessment. In this in-person or virtual session, you'll discover the 66 strategies they can use right away to take their EQ to new heights.

### Participant Learning Objectives

1. Discover what EQ is, why it matters in all aspects of life, and how to develop it to be more effective.
2. Increase awareness of emotions and the fundamental role they play at work and in life.
3. Explore the four EQ skills in action: Self-Awareness, Self-Management, Social Awareness, and Relationship Management.
4. Discuss real world examples and experience, what works and what doesn't work, and what to do moving forward.
5. Understand their current level of EQ (strengths and weaknesses) and where to focus their development.
6. Complete an EQ Development Plan to include one EQ goal and specific EQ practice strategies that will help achieve that.

### Learning Features Included in the Emotional Intelligence Appraisal<sup>®</sup>

1. Comprehensive EQ scores, analysis, and recommended strategies based on the participants' unique score profiles, and goal-setting functionality.
2. EQ Application & Reflection to maximize the transfer of new insights.
3. 16 EQ lessons that include movies and TV clips with analysis—bringing EQ to life.
4. A scheduled re-test comes with a full change score report and recommended strategies based on new results.