

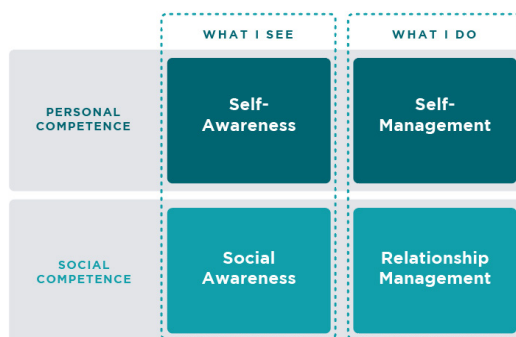
MASTERING EQ LEVEL 2

“Emotions can help you or they can hurt you. You have no say in the matter until you understand them at a deeper level and master the more difficult elements of being emotionally intelligent. We invite you to continue your journey now, because emotional understanding and mastery will become realities for you.”

Drs. Travis Bradberry and Jean Greaves
Emotional Intelligence 2.0

TAKE YOUR EQ TRAINING TO THE NEXT LEVEL

Mastering EQ® Level 2 will sharpen learners’ EQ strategy practice to build their self-awareness, self-management, social awareness, and relationship management, and in turn, benefit the entire organization.



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...
SELF-AWARENESS	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:

- Increased self-knowledge and ability to handle stress
- More effective communication and decision making
- Improved ability to manage conflict and act as a team player
- Respond flexibly to change, influence others, and provide top-notch performance

This program has one purpose... to elevate your learners EQ...

TalentSmart’s *Mastering Emotional Intelligence*® Level 2 takes participants further toward handling themselves effectively when under pressure and dealing with others. In this in-person or virtually led session, participants take their EQ skills to the next level through focused EQ strategy practice

Participant Learning Objectives

1. They’ll take a deep-dive into the four core EQ skills to determine immediate strategies that will make the most impact.
2. Explore their reactions to a range of emotions and triggers for deeper self-knowledge and stress management
3. Discuss real world examples and experiences to see what works and what doesn’t to help drive desired outcomes personally and professionally.
4. Assess and reframe negative self-talk to help positively guide motivation and execution.
5. Develop effective observational skills and step into another person’s shoes to connect more authentically.
6. Utilize relationship management strategies to directly tackle tough conversations and effectively navigate conflict.

Learning Features Included in the Emotional Intelligence Appraisal®

1. EQ scores, analysis, and recommended strategies based upon learners’ unique score profiles designed to bridge the learning-doing gap.
2. Goal Tracking System to set goals, share learner profiles and track their progress online.
3. EQ lessons include movies and TV clips with analysis to bring EQ to life.