

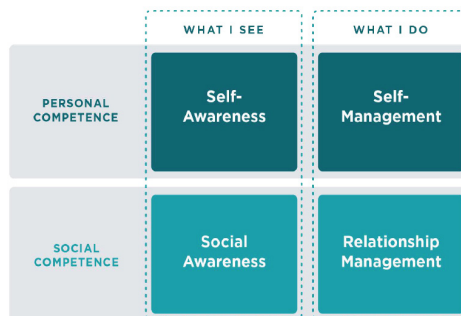
MASTERING EQ LEVEL 2

“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	Sharpen your awareness by identifying and exploring the emotions that negatively influence your decisions and actions.
SELF-MANAGEMENT	Identify and re-frame the negative self-talk and patterns that get in your way, and practice high EQ responses to your personal triggers.
SOCIAL AWARENESS	Practice stepping into the shoes of others and receive feedback from those you observe, to build empathy for effective relationships.
RELATIONSHIP MANAGEMENT	Manage the emotional component of conflict to restore work relationships and apply EQ strategies to current conflicts.

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. From the Emotional Intelligence Appraisal®— Multi-rater, discover how others view your EQ and create a focused EQ development plan.
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.