

# EQ IN ACTION

TalentSmartEQ is thrilled to launch EQ in Action, a suite of programs designed to help learners apply EQ to the critical skills needed to address your biggest organizational challenges. Initially, this library of solutions will include five 2-hour interactive sessions, focused on skill practice and development. The reality is, individual and leadership development or organizational transformation - be it a merger, product pivot, or changing business model - starts one person at a time. EQ in Action is a targeted way to meet transformation head on.

## EQ in Action Suite

### Navigating Emotional Conversations

This session explores the empathetic communication, conflict resolution, and emotional regulation skills needed to foster deeper understanding and stronger relationships while navigating high-emotion discussions.

### The EQ Edge: Giving and Getting Better Feedback

This session is designed to equip you with effective strategies for delivering constructive feedback with empathy and receiving feedback gracefully. Learn how to cultivate a culture of continuous improvement and professional growth within your team or organization.

### The Art of Active Listening

Listening could arguably be the single most important skill - at and outside of work - and yet, most of us struggle to consistently listen at our best. In this program you will learn practical techniques to enhance communication and deepen connections to better drive results.

### Thriving through Change

The adage holds true: the only constant in life is change. Unfortunately, knowing that doesn't necessarily help us to navigate change any better. This session is an exploration of resilience and adaptability, learning how to embrace uncertainty, navigate transitions, and cultivate a mindset that enables you to not only survive but thrive in times of change.

### Wellbeing: Driving Results with Resilience

This session will focus on practical tools and strategies for managing stress, understanding the power and benefits of mindfulness, and building resilience. Gain insights into building emotional strength and resilience both personally and professionally in a supportive and interactive environment.

## KEY FEATURES



Interactive sessions focused on specific skills needed to address organizational challenges.



A skill library with new courses added consistently over time.



On-demand, video-based TTT certification process so you can start training as soon as you need to.

## WHY CHOOSE EQ IN ACTION?



Improved skillset across various competencies.



Strengthened impact on individual and leadership development.



Addresses your organizations biggest needs with flexibility.