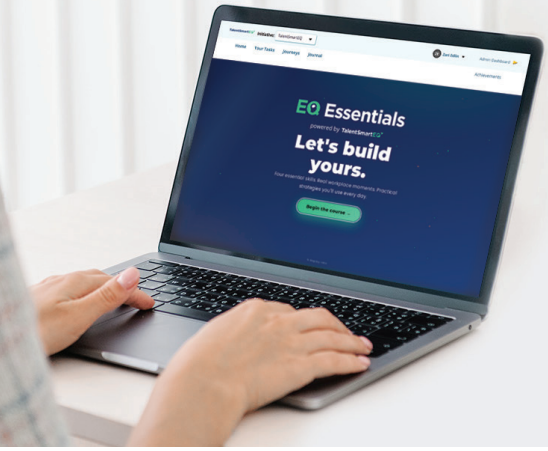
EQ Essentials

powered by TalentSmartEQ



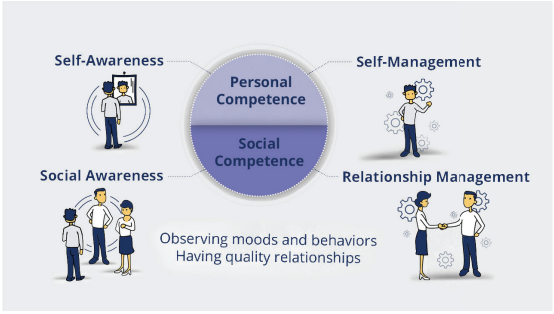
EMOTIONAL INTELLIGENCE (EQ) IS THE #1 PREDICTOR OF AN INDIVIDUAL'S JOB PERFORMANCE.

EQ explains a full **58% of success** in all types of jobs. However, it's often difficult to scale this training across organizations. TalentSmartEQ's **new *EQ Essentials*™ online course** is a short, engaging learning experience finally accessible to all.

This self-paced course offers organizations an entry point into emotional intelligence. *EQ Essentials* allows users to get an understanding of what EQ is, and why it is important to their world—specifically their world of work.

FLEXIBLE DELIVERY

While TalentSmartEQ® continues to implement innovative instructor-led training programs (in-person and virtual), *EQ Essentials* now offers a more flexible learning delivery option. This on-demand, self-paced course offers powerful development opportunities for employees, regardless of their function, location or schedule.



The learner journey includes:

- **Interactive videos to introduce emotional intelligence**
- **Reflections for learners to draw from their own understanding**
- **Scenario-based exercises and knowledge check**
- **A guided in-course action plan with an accountability partner**

ENGAGING CONTENT AND EXPERIENCE

This course allows participants to:

- **Connect to core EQ concepts in a personal way**
- **Learn and apply key skills and strategies for developing EQ**
- **Integrate insights and actions to meet their real-world needs**

The *EQ Essentials* online course can be implemented as a standalone training option, or as part of a dedicated training program with our Mastering EQ® series.

INCLUDES THE EMOTIONAL INTELLIGENCE APPRAISAL

EQ Essentials includes the world's most powerful EQ assessment, the Emotional Intelligence Appraisal® – Self Edition. This assessment personalizes the EQ journey for each participant, delivering EQ scores, identifying strengths and areas of opportunity, and providing recommended strategies to improve EQ skills based upon a participant's unique profile.

EQ ESSENTIALS (INCLUDES SELF ASSESSMENT)

Perfect for Scaling EQ Across Your Organization

- Covers the 4 core skills of emotional intelligence
- Self-paced course is 60-75 minutes, with ability to stop and resume as needed
- Includes engaging video clips to bring EQ to life
- Personalized throughout by each learner's EQ scores
- Seven-day EQ Challenge, 4 video refreshers, and six-month retest
- Emotional Intelligence Appraisal® Self-Edition Report

To learn more or request a demo, please visit **www.talentsmarteq.com** or call **888-818-SMART.**