



EMOTIONAL INTELLIGENCE

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FOR LEADERS AT ALL LEVELS

Emotional intelligence is a set of emotional and social skills that can be influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way. This set of skills can be measured and developed. There are direct correlations between emotional intelligence and leadership effectiveness when it comes to performance, effective teamwork, conflict management, communication, and morale. Leaders at all levels can harness emotional intelligence skills and tools to find deeper purpose and enhanced enjoyment in all areas of their lives.

ABOUT OUR WORKSHOP

Participants will complete the Emotional Quotient Inventory 2.0 (EQ-i 2.0) and explore the reports from their assessments and:

- Understand their total EI score with five composite scores measuring distinct aspects of emotional and social functioning
- Gain a deeper understanding of how the results affect workplace performance (conflict resolution, change management, teamwork, decision making and more)
- Make connections between subscales and leverage EI strengths and improve EI weaknesses
- Target solutions at every level with a multi-level approach to developing EI

DURATION: 4-6 hrs

PARTICIPANTS: 10 minimum; 40 maximum

SCHEDULE: Contact to schedule a program

