

"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 & Jean Greaves
Emotional Intelligence 2.0*

CHRIS
MCINTYRE

EMOTIONAL INTELLIGENCE

developing EMOTIONAL INTELLIGENCE

TRAIN YOUR EQ BRAIN.

	WHAT I SEE	WHAT I DO
PERSONAL COMPETENCE	Self Awareness	Self Management
SOCIAL COMPETENCE	Social Awareness	Relationship Management

You know emotional intelligence matters, and you've begun to practice. Now you need to learn how to tackle the barriers to self-awareness, self-management, social awareness and managing relationships.

SELF AWARENESS	Achieve a deeper awareness of your emotions by leaning into the discomfort of those that get in your way. How well do you understand yourself under stress?
SELF MANAGEMENT	Knowing you should self-manage is easier than doing it well. Take control of the key driver of words and actions you later regret — your self-talk.
SOCIAL AWARENESS	Mastering the art of social awareness comes from analyzing what the people and situations in your work life that matter most have to offer you.
RELATIONSHIP MANAGEMENT	When conflict ensues, the emotions that emerge before, during and after the conflict are what people fear most. Turns out, a whole host of EQ strategies can help you.

Anyone who gives ongoing attention to practicing their EQ skills will increase their self-knowledge and ability to handle stress, communicate effectively, make good decisions, manage conflict, be a team player, respond flexibly to change, influence others, and provide top-notch performance.

THIS PROGRAM HAS ONE PURPOSE...
...TO INCREASE YOUR EQ.

Chris McIntyre's Developing Emotional Intelligence will take you further toward handling yourself well when under pressure and dealing with others skillfully. Reap all the rewards that being an emotionally intelligent person will bring you.



HERE'S WHAT YOU WILL DO!

1. Use your EQ results to deeply analyze the four core EQ skills, to take your EQ development even further.
2. Explore your reactions to a range of emotions and lean into your discomfort for deeper self-knowledge and improved stress management.
3. Use EQ videos to guide real-world discussions around each core EQ skill.
4. Analyze and reframe your negative self-talk patterns.
5. Practice observing EQ at your organization and get EQ feedback from those you work with.



CONTACT CHRIS! P 619.520.3502 E chris@roadmaptofreedom.com W www.roadmaptofreedom.com