

*"The daily challenge of dealing effectively with our emotions is critical because our brains are hard-wired to give emotions the upper hand."*

*Drs. Travis Bradberry & Jean Greaves  
Emotional Intelligence 2.0*

CHRIS  
MCINTYRE

EMOTIONAL INTELLIGENCE

# discovering EMOTIONAL INTELLIGENCE

## EMOTIONAL INTELLIGENCE MATTERS

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

Whether you are aware of them or not, emotions are intertwined in everything you think, do, and say each day on the job, in your career and throughout your life. Emotional intelligence (EQ) is how you handle yourself and others on the job. Your EQ consist of four core skills.

SELF AWARENESS	Awareness of your own emotions and tendencies and understanding your strengths and personal style opens doors for you to...
SELF MANAGEMENT	Manage your reactions effectively by making better decisions & responding to challenges & opportunities productively.
SOCIAL AWARENESS	Awareness of the emotions of other people including unspoken cues and the mood in the room gives you the information you need to...
RELATIONSHIP MANAGEMENT	Manage relationships by building, strengthening, and deepening your connections with the people in your social network.

People who develop their EQ communicate effectively, handles stress well, make good decisions, handle conflict productively, are better team players, respond flexibly to change, influence others more, and provide top-notch performance.

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

Chris McIntyre, a certified EQ expert, will take you far beyond knowing what EQ is and how you score on your first EQ test. You'll discover the 66 strategies that you can use right away to take your EQ to new heights.



### HERE'S WHAT YOU WILL DO!

1. Get comprehensive EQ scores, analysis, and recommended strategies based on your profile.
2. Discover what EQ is and why it matters at work.
3. Explore the four EQ skills in action: Self-Awareness, Self-Management, Social Awareness, and Relationship Management.
4. Analyze movie and TV clips, and discuss how to bring EQ to life in the real world.
5. Take a free scheduled re-test, and get a full change-score report to track progress.



"I've worked with Chris on a number of occasions for our leadership training at Northwestern Mutual. Chris' knowledge, professionalism & energy have helped enlighten our employees to embrace more realistic and practical organizing and planning methods. **Employees have raved about his presentation style and how his enthusiasm kept the class interesting and engaging.**"

**Ashley Oxford**, HR  
Northwestern Mutual

*"We anticipated that our DCMs would be engaged but we did not anticipate that they would enjoy it like they did! You definitely have my highest recommendation!"*

**Kim Larson**, Clinical Program Manager  
Medtronic Diabetes

**"Chris McIntyre is one of the most electrifying speakers I've seen.** His direct, yet friendly, style captivated and inspired the very best from my leadership team." I would not hesitate to have Chris lead us again in the future."

**Jerome Sampson**, Director Atlantic Canada  
Bell Mobility

*"Chris McIntyre has an exceptional ability to connect with very different audiences. He conducted seminars for us at our corporate office in Vermont and at our distribution and call center in Roanoke, two very different groups. Chris's wit and exceptional knowledge of his material captured the attention of both groups immediately and he held that throughout the day. It's been a year since his visit to Vermont, and I still hear comments about his presentation. I look forward to the opportunity to hear Chris again."*

**James W. Evans**, VP or HR  
The Orvis Company, Inc.

"We reached out to Chris to speak at our regional sales conference. Chris was hit! Not only did he connect with my team, but **they begged him to stay until the end of the day so they could personally speak with him!** They were so thankful he not only shared his personal story, but also provided them with the useful tools they could use to connect with our customers! The session couldn't have been more on point!!!"

**Janet Uthman**, VP Sales & Marketing  
Comcast