

"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 open 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.

