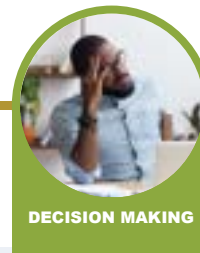
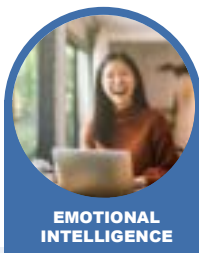




EQ Connections™ is an interactive virtual training series that engages your employees in foundational learnings of emotional intelligence. A companion to the trusted **EQ-i 2.0®** assessment, the content provides flexible options for delivery around your team's schedule.

LEARN, PRACTICE, GROW YOUR EQ

6, one hour modules. Can be delivered in full day, half day or weekly sessions. Gain a deeper knowledge of:



SELF AWARENESS & KNOWLEDGE



TEAM PERFORMANCE



STRATEGIES FOR DEVELOPMENT

BENEFITS

Engaging, Interactive & Virtual

KEEP TRAINING GOING WITH EQ Connections.™ Don't put employee development on hold in a work from home world. **EQ-i 2.0®** Leadership and Workplace reports help your leaders and teams manage stress, build trusted relationships and achieve higher performance.

Trusted Content and Coaching

Designed to align with the trusted **EQ-i 2.0®** assessment; the content is evidence-based, reliable and relevant.

The group format provides plenty of opportunity for real-world application, discussion and group coaching with a Master EQ Coach and Facilitator.

Sustain the Training

Sustain growth with options for both individual and group **EQ-i 2.0®** coaching, skill practices and simple actions and strategies to practice now and in the future. The modular format is perfect for on-boarding, new leader transitions and leadership development programs.



The EQ Connection Series is an interactive virtual training series that engages your employees in foundational learnings of emotional intelligence. It can be used as a companion to the trusted EQ-i 2.0 assessment, the content provides flexible options for delivery, so we can work with your teams schedule.

This program introduces practical exercises your staff can deploy to not only enhance their EI skills but also bolster their understanding of why and how emotional intelligence impacts their performance.

Program Outcomes:

1. Increased self awareness and knowledge
2. Improved team cohesion and performance
3. Strategies for improvement and development
4. Gain a deeper knowledge on the 5 composites of EQ (self perception, self expression, interpersonal, decision-making and stress management)

Workshop Investment:

- \$2500+
- Assessments not mandatory but recommended for attendees

Duration of Program:

- 6x 1 hour modules

Facilitated by:

Terri-Ann Richards is a certified Personality Dimensions® Facilitator, EQ-i 2.0® and EQ-360® Certified Facilitator. Certified in Choice Theory, Lead Management and Realty Therapy, as well as a Certified Leadership Coach. Terri-Ann leverages her strong communication skills, 15+ years in business and training to assist her clients in understanding how to best utilize their communication skills to create more cohesive relationships within work and at home.



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