



# LEADING BY FEEL

## JOIN US FOR BREAKFAST!

*THE IMPORTANCE OF EMOTIONAL  
INTELLIGENCE (EQ) IN LEADERSHIP*

EQ IS A MEASURE OF OUR  
EMOTIONAL  
INTELLIGENCE THAT  
INDICATES HOW WELL  
WE CAN MANAGE OUR  
EMOTIONS AND IMPACT  
OUR RELATIONSHIPS  
WITH OTHERS.



Connecting with  
our Emotions



Making Better  
Decisions



Expanding our  
Empathy as Leaders



Increasing our  
Influence as Leaders



Building Stronger  
Relationships



EQ Tools and Exercises

# "90% OF THE DIFFERENCE BETWEEN STAR PERFORMERS AND AVERAGE PERFORMERS IN THE WORKPLACE IS RELATED TO EQ"

*Dan Goleman, Emotional Intelligence (1995)*

## FINDING SUCCESS WITH EQ

Emotional intelligence is highly desired at every level of the workplace. No matter who you are or where you are at in your career, improving your EQ is a smart investment in your future success. The good news is that emotional intelligence can be learned and improved at any age.

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Emotional intelligence is the ability to sense, understand and effectively apply the power of emotions to facilitate higher levels of collaboration and productivity.

As humans we are made of emotions. As we better understand our emotions and emotions of those around us we become better human leaders. Deep learning, discussion and future thought around this topic will be provided.

## ROUNDTABLE SEMINAR PRICE \$750

AN EQ ASSESSMENT AND COACHING SESSION IS INCLUDED PRIOR TO THE SEMINAR.

Led by Coach Brenda, Coach Mary, and Coach Amy TTI Success Insights Emotional Quotient™ Certified (TEQC)



Coach Amy

[amy@thequalitycoach.com](mailto:amy@thequalitycoach.com)



Coach Brenda

[brenda@thequalitycoach.com](mailto:brenda@thequalitycoach.com)



Coach Mary

[mary@thequalitycoach.com](mailto:mary@thequalitycoach.com)



MOTIVATION



SELF  
AWARENESS



SELF  
REGULATION



SOCIAL  
AWARENESS



SOCIAL  
REGULATION

**MORE INFORMATION: [INFO@THEQUALITYCOACH.COM](mailto:info@thequalitycoach.com)**