

Emotional Intelligence Coaching

A lot of people want to be emotionally intelligent but they just don't know where to start!

Emotional Intelligence Coaching can provide you with the support and increased self-awareness you need to nurture and develop your emotional intelligence skills. Our coaches will work closely with you to explore the results of your assessment to identify the areas where development would benefit you most. As part of a three-month programme you will meet with your coach to review your progress and realign your goals.

The confidential, one-to-one sessions with your coach can either be in person or via Skype.

Emotional Intelligence Coaching for Leaders



EQ-i 2.0®
assess. predict. perform.

- You will receive a **Free** 30-minute telephone consultation with one of our coaches to understand your aims and requirements.
- Next, you will complete the assessment.
- You will explore the results in a 2-hour session with your coach. During this session you will discuss the challenges you face in leadership, the impact of your current emotional intelligence and identify areas to develop. You will discuss how emotional intelligence impacts your leadership style and how it can help you to become a more effective leader.
- As part of the session you will work with your coach to develop your personalised action plan.
- You will receive a copy of your EQ-i 2.0 Leadership Report.
- Over the three-month programme you will have an additional two 90-minute sessions with your coach to review your progress.

Emotional Intelligence Coaching with 360° Insight



EQ 360®
assess. predict. perform.

- You will receive a **Free** 30-minute telephone consultation with one of our coaches to understand your aims and requirements.
- Next, you will complete the emotional intelligence assessment and select a group of raters to provide the 360° insight. This can be a selection of your managers, peers, direct reports, friends and family.
- In a 2-hour session with your coach you will explore the results. During this session you will discuss the impact of your current level of emotional intelligence and identify areas to develop. You will explore the differences between your self-perception and other people's perceptions of your emotional intelligence to identify your 'blind spots'.
- You will work with your coach to develop an action plan which is reviewed at the two 90-minute follow-up sessions.
- You will receive a copy of your EQ 360 Report.