

Emotional Intelligence Insight

Curious about your emotional intelligence? Want to see how you can develop your existing skills and use them to your benefit?

Emotional Intelligence Insight provides you with an assessment of your emotional intelligence and helps you to raise your self-awareness. Our emotional intelligence experts will explore the results of your assessment with you to identify the areas where you would benefit most from development.

Your confidential, one-to-one feedback session can either be in person or via Skype, where together you will create a personalised action plan to help you achieve your goals.

Emotional Intelligence Insight for Leaders

Emotional Intelligence 360° Insight



EQ-i 2.0®
assess. predict. perform.

- You will complete the emotional intelligence assessment.
- Next, you will explore the results in a two-hour session with one of our emotional intelligence experts. During this session you will discuss the impact of your current level of 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.
- You will receive a copy of your EQ-i 2.0 Leadership Report.



EQ 360®
assess. predict. perform.

- 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 two-hour session with one of our emotional intelligence experts 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 receive a copy of your EQ 360 Report.

Calling all coaches... This service can be provided to coaches to add depth to your coaching programmes. We can either provide feedback to your client or directly to you. The increased self-awareness can be used to provide additional insight when working with your client on their wider personal development needs.