

# Emotional Quotient

# WORKSHOP

We've all seen it – someone in the workplace so colored by their emotions that it directly impacts their decision making capability. We know that this type of pattern often creates a negative outcome and is an ineffective way to do business. The good news is that, unlike IQ, an individual's level of emotional intelligence can be developed and improved upon through education and practice. Performance Excellence's Emotional Quotient workshop teaches employees and managers how to identify, regulate and appropriately express emotions in order to maximize work relationships and their overall success.

**Lesson 1**

**Lesson 2**

**Lesson 3**

**Lesson 4**

**Lesson 5**

**Lesson 6**

**Lesson 7**

**Lesson 8**

**Lesson 9**

**Lesson 10**

**Introduction**

**Basic Elements of EQ**

**Self-Awareness**

**Self-Regulation**

**Motivation**

**Empathy**

**Social Skills**

**Fear & Anxiety**

**Anger**

**Conclusion**

Call or email us  
today to schedule  
an EQ workshop  
for your business!

**(314) 615-1288**

