

## Emotional Intelligence for Effectiveness

Drive performance, commitment, and outcomes

*“As much as 80% of adult success comes from EQ” – Daniel Goleman*

### Professional Development from All Angles

Learning goals customized to address unique needs:



**Professional:** self-discovery, behavior identification, development techniques



**Leader:** self-discovery, leadership behavior identification, techniques for developing oneself and others



**Team:** self and peer discovery, behavior identification, development techniques, creation of team EQ norms

### Time Commitment that Fits

Find a program that fits, whether you have an hour or several:

#### Introduction to EQ

Overview of EQ and its power for effectiveness

- Define
- Understand Impact
- Respond Productively
- Develop your EQ

1 hour, virtual or in-person

#### EQ Model for Growth

Interactive self-discovery, EQ development model exploration

- Learn triggers
- Discover techniques
- Set goals

1.5-hour virtual sessions (2) or 4-hour in-person session

#### EQ Assessment & Plan

EQ-i 2.0 assessment and debrief

- Interactive self-discovery
- Apply EQ development model
- Learn EQ growth techniques
- Set goals

1.5-hour virtual sessions (3) or 3-hour in-person sessions (2)

### About Michelle

Michelle's passion is partnering with teams to achieve sustainable change by discovering root causes. She is a strategic partner with over 25 years of experience working with organizations of all sizes and disciplines. Michelle has expertise in maximizing team performance, leadership coaching, facilitation, strategic planning, and issue assessment and resolution. Michelle's operational and revenue-generating success informs her hands-on approach. At the core of Michelle's achievements is aligning strategy with structure, people, and processes. Michelle holds a master's degree in organizational psychology and a BS in finance.

**Assessments and Certifications:** HBDI and Whole Brain Thinking | EQ-i 2.0, EQ360 | Leadership Versatility Index | Fearless Organization Scan | DEI Workplace | Certified Executive Coach | Lego Serious Play