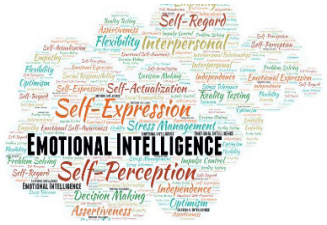
TEAM BUILDING NATION

Emotional Intelligence 2.0



IQ or EQ? Which is more important? A survey by CareerBuilder revealed that, "71 percent of employers say they value emotional intelligence over IQ."

So... what is emotional intelligence? EI is about recognizing and managing one's own emotions and the emotions of others, and allowing us to see the world from a different perspective. It improves communication and efficiency as well as social functioning.

The Team Experience:

- A custom-tailored program to meet your organization's specific needs
- Individual EQi 2.0 assessments and detailed reports with insights that can be implemented effectively and set you up for success:
  - Gain a deeper understanding of how the results affect workplace performance (conflict resolution, change management, teamwork, decision-making and more)
  - Well-Being Indictator measuring each individual's level of happiness, and revealing opportunities for development
- Learn how you:
  - Perceive and express yourself
  - Develop and maintain relationships
  - Cope with challenges
  - Use emotional information in an effective and meaningful way
- Gain valuable knowledge on how to implement and sustain a successful EI culture within your organization

Additional Notes:

- This program is available in person, virtually or as a hybrid
- Can be delivered as a half-day, full-day or ongoing series
- A creative charitable donation can be added to all of our programs - ask us how!

Event Details

- Group Size: 10 to 50+
- Program Length: 2-6 hours
- Setting: Indoor
- Physicality: Low

Event Outcomes

- Improve Communication & Efficiency
- Team Training
- Practical Tools
- Well-Being Indicator

What's Included

Pricing varies depending upon the number of participants and includes professional facilitation, program design, and all production coordination.

The success of your event is our top priority. To ensure a positive outcome, program modifications may be made based on variables such as group size, space limitations, timeframe, etc.

Similar Activities You May Like

DISC 2.0

Igniting Peak Performance Workshop

Competition & Collaboration Workshop

Speed Networking Workshop

Contact Us: 888-482-6284 www.teambuildingnation.com sales@teambuildingnation.com