

MASTERING EMOTIONAL INTELLIGENCE®

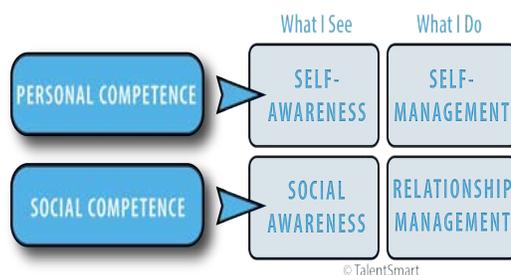
LEVEL 2

“Emotions can help you or they can hurt you. You have no say in the matter until you understand them at a deeper level and master the more difficult elements of being emotionally intelligent. We invite you to continue your journey now, because emotional understanding and mastery will become realities for you.”

Drs. Travis Bradberry and Jean Greaves
Emotional Intelligence 2.0

TRAIN YOUR EQ BRAIN.

You know that emotional intelligence (EQ) matters, and you've begun to practice. Now you need to sharpen your EQ strategy practice to build your self-awareness, self-management, social awareness, and relationship management.



SELF-AWARENESS

Achieve a deeper awareness of your emotions by leaning into the discomfort of those that get in your way, and understanding yourself under stress.

SELF-MANAGEMENT

Knowing you should self-manage is easier than doing it well. Take control of your self-talk.

SOCIAL AWARENESS

Knowing the benefits of being a good listener and observer is one thing, but practicing and mastering these skills is another entirely.

RELATIONSHIP MANAGEMENT

When conflict ensues, the emotions that emerge before, during and after the conflict are what people fear most. Turns out, a whole host of EQ strategies can help you.

Anyone who gives ongoing attention to practicing their EQ skills will increase their self-knowledge and ability to handle stress, communicate effectively, make good decisions, manage conflict, be a team player, respond flexibly to change, influence others, and provide top-notch performance.

**This program has one purpose...
...to increase your EQ.**

TalentSmart's *Mastering Emotional Intelligence® Level 2* will take you further toward handling yourself effectively when under pressure and dealing with others. This program is facilitated in-person or virtually. Through focused EQ strategy practice, you'll reap all the rewards that being an emotionally intelligent person will bring you.

TalentSmartEQ™



Facilitated In-Person or Virtually!

Here's What You Will Do!

1. Dive deeper into the four core EQ skills—Self-Awareness, Self-Management, Social Awareness, and Relationship Management—to take your EQ development further.
2. Explore your reactions to a range of emotions and lean into their discomfort for deeper self-knowledge and stress management.
3. Discuss real world examples and experiences, what works, what doesn't and what to do next time.
4. Analyze and reframe your negative self-talk.
5. Develop the listening and observational skills that allow you to step into another person's shoes.

Learning Features Available In Your Emotional Intelligence Appraisal®

1. Comprehensive EQ scores, analysis and recommended strategies are based upon your score profile and are designed to bridge the learning-doing gap.
2. EQ lessons include movies & TV clips with analysis to bring EQ to life.
3. Goal Tracking System to set goals, share your profile, and track your progress online.