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Exploring Emotional Intelligence: Interest in Emotional Intelligence (EQ) is growing. How many people have you met who seem to be brilliant IQ-wise but maybe don't have EQ people skills to reach their full potential? As that number grows, so do client requests for a program on EQ to fill that gap.

My research revealed that although various companies offer Emotional Intelligence programs, most fall short and feel almost punitive in their approach. So I was pleased to find a powerful one called **EQ-i** that actually includes Problem Solving and Stress Management, topics no other programs offer.

Take a look at the wheel below to see the 5 composites of behavior and 15 related EQ subskills this program includes:



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Think about how those 15 emotional skills can help or hinder success. Don't ask if you use them right or wrong with good or bad results. Instead, consider how frequently you use them to your advantage.



This EQ-i program blends training and coaching strategies to help you and your colleagues analyze how often they use the skills, determine their impact on others, and balance their usage for increased professional and personal well-being.

The best part of this program is the scientifically-validated assessment accompanied by a comprehensive, confidential report on all 15 of those skills, a truly customized EQ-i approach. Contact me for a sample report.

EQ-i can benefit you and your organization as you use your emotions to:

- Hire, retain, and develop outstanding employees
- Encourage “I’d like to work for them!” leaders
- Improve accounting interactions with your clients
- Identify and deliver win/win marketing opportunities
- Conduct valued performance appraisals
- Build stronger teams
- Live your organization’s mission statement and core values
- Enhance communication skills overall

EQ-i includes an additional emotional skill: your overall well-being and happiness. This program will help you use all of your emotions to your advantage. I’ve seen my emotional intelligence improve in ways I never imagined since I’ve received my EQ-i certification. I’m looking forward to sharing those tips, techniques, and strategies with you too!

Objectives - Whether you take the EQ-i Assessment and combine it with customized coaching, EQ-i training, or a blend of all three, you will:

- Identify the 15 EQ-i skills and how they affect you
- Determine which skills you use more or less frequently (this program is not about how good or bad, right or wrong you are at using these skills; instead it’s about how frequently you use them)
- Grow your understanding of the skills by sampling one from each section of the wheel through interactive activities
- Master the benefits of balancing how frequently you use the skills
- Practice using those skills to resolve relevant issues by analyzing how those skills can hinder or enhance specific situations at your organization
- Develop a plan for using these skills to your advantage