EQ UNLOCKED Workshop

TURN SELF-AWARENESS INTO A PLAN

HALF-DAY OR FULL-DAY WORKSHOP

WORKSHOP DESCRIPTION

Most leaders know emotional intelligence matters. Few know exactly what to do about it.

That's the problem with EQ. It stays vague. Be more self-aware. Manage your emotions. Show more empathy. Good advice that nobody knows how to act on.

This workshop removes the guesswork. Using the EQ-i 2.0, a reliable and validated emotional intelligence assessment, Justin Patton walks leaders through their personalized results across 15 EQ competencies. They learn where each one is dialed in, dialed too low, or dialed too high, and what that costs the people around them.

Then they see what most people never notice. The competencies are connected. When one is out of balance, it pulls others with it. So growth isn't about fixing everything. It's about targeting the right thing, the one change that moves everything else.

Leaders leave knowing where they're strong, where their strengths are working against them, and the specific actions that will make the biggest difference in how they lead.

Stop fixing everything. Fix the right thing.



WHAT PARTICIPANTS WILL PRACTICE

- Interpret your personalized EQ-i 2.0 results across all 15 competencies
- Spot where a competency is dialed too high or too low and what it costs the people around you
- Trace how one competency influences another so you know where to focus first
- Choose the one or two targeted actions that will move your EQ the most
- Build an EQ action plan you can start using the same day



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WORKSHOP DETAILS

TIMING
Half-day workshop. Three hours + breaks.
Full-day workshop. Six hours + lunch + breaks.

DELIVERY METHOD
In person or virtual

MATERIALS
A workbook and a personalized EQ-i 2.0 report for every attendee. A 360 version is available for executives.

PARTICIPANTS LEAVE WITH
An EQ action plan with targeted actions they can start right away.

PROGRAM BEST USED WHEN

- You want a program for anyone at any level, with or without direct reports, to see how they're really showing up
- You want your leaders growing from a reliable, validated assessment instead of guesswork
- Your executives haven't had a formal assessment in a while and want tangible actions, not another report that sits in a drawer
- You're running a leadership cohort focused on helping leaders become more self-aware
- You want an ongoing program you can offer throughout the year and rotate new leaders through







WHAT CLIENTS ARE SAYING

"If you're looking for a speaker for your organization that really talks about emotional intelligence, I would highly suggest Justin. He is fantastic and engaging and we just absolutely loved it."

JULIE MORALES, *Chief Financial Officer at Giant Food Stores*

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