



## VIRTUAL EMOTIONAL INTELLIGENCE TRAINING

**GAIN VALUABLE INSIGHTS AND PRACTICAL STRATEGIES  
TO TAKE YOUR LEADERSHIP TO THE NEXT LEVEL.**

Emotional Intelligence (EI or EQ) is the missing link in executive and emerging leader education. Why do so many highly intelligent, highly motivated executives fail to lead successfully? Many are missing critical emotional intelligence skills and don't know it. Universities don't teach it and companies don't measure it, but EQ is what makes the difference in star performance. After nearly 25 years of development, EQ is ready for mainstream. We can measure it. We can teach it, and we can put it to use immediately. EQ will be the main differentiator in the decade ahead. Will you be ready? Expand your leadership and personal effectiveness with EQ.





*of Star Performance is  
Attributed to EQ*



**of Executive  
Emotional Intelligence**

### **IN THIS COURSE, YOU WILL LEARN:**

- ✓ What is Emotional Intelligence?
- ✓ Emotional Intelligence and Your Brain
- ✓ Assessing Your Emotional Quotient
- ✓ Increasing Emotional Agility as a Leader
- ✓ Strategies for Managing Emotional Agility with Self
- ✓ Strategies for Managing Emotional Agility with Others
- ✓ Creating An Action Plan

#### **FORMAT**

Virtual,  
Interactive Small Group

#### **INSTRUCTORS**

Sr. Instructors & Coaches  
Michele Parrish and  
Jeanette Winters

#### **TIME COMMITMENT**

2 Hours Every Other  
Week for 2 Months  
(four two-hour sessions  
for total of 8 hours)

#### **MATERIALS**

EQ Assessment  
Digital EQ Workbook



*TRAIN AND GAIN PRACTICAL SKILLS  
YOU CAN USE EVERYDAY!*



**GET CLEAR ABOUT EQ AND GET  
REAL ABOUT A BETTER YOU!**



**PARRISH PARTNERS**  
LEADERSHIP AND MANAGEMENT CONSULTING

Tel: 949-429-7892 - [info@ParrishPartners.com](mailto:info@ParrishPartners.com) - [www.ParrishPartners.com](http://www.ParrishPartners.com)  
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