



EQ & IQ SMARTER @ Work

IQ & EQ

IQ and EQ are Different1

WHAT IS EMOTIONAL INTELLIGENCE (EQ)?

Our Perception of Others is More Related to Emotion Than Intellect1

EQ @ WORK

EQ Correlates to Adaptability, Relationships, Collaboration, Communication, Thinking1

EQ FOUNDATION

EQ is Divided Into Two Aspects: IntraPersonal & InterPersonal2

EQ - NEW LEADERSHIP PARADIGM

EQ and Successful Leaders are Directly Linked3

EQ & EMPLOYEES

Understanding Employees EQ Levels6

COACHING BEHAVIORS @ WORK

Using Coaching @ Work Approach to Strengthen Others EQ7

APPENDIX A: ASSESSMENT

- *Your EQ @ Work*