

Emotional INTELLIGENCE

UNLOCK YOUR LEADERSHIP POTENTIAL

Professional Development
for Organizations, Teams, and Leaders



Susan Crawford

susan@merakiinspired.com

www.merakiinspired.com

(905) 220-3920



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Emotional Intelligence (EQ) is defined as “a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way.”

Rooted in deep self-awareness, EQ opens up new ways of seeing, understanding and relating to ourselves and others so that we can communicate with ease, lead with integrity and work with impact.

It is an essential skill for teams and leaders alike.

Emotional Intelligence workshops can be customized to meet your individual, team, and organizational needs.

Workshops are ideal for:

- Education (students, educators, and administration)
- Health Care
- Corporate & Start-Ups (leadership & team development)
- Government, Police & Emergency Services
- Non Profit
- Individuals (performance plans, young professionals, career/life transition)



Why it works

Workshops utilize the EQ-i 2.0 psychometric assessment, a scientifically validated tool that measures emotional intelligence and how it impacts interactions and performance in the workplace.

To put learning into practice and add value to the participant experience, each workshop can include an individual EQ-i 2.0 assessment and results debrief with a certified EQ assessor.

Who I am

My name is Susan Crawford. I'm a trained Co-Active coach, adult educator and a certified Emotional Intelligence (EQ-i 2.0) assessor. With experience in private, public, and non-profit sectors I have seen a common thread - EQ is essential for personal and organizational success.

I help organizations develop strong teams and leaders by leveraging the power of Emotional Intelligence (EQ) - an essential skill in every workplace.



Individual Assessment Option

If you are interested in the EQ-i 2.0 assessment and receiving a comprehensive report along with a personalized debrief as part of your professional development plan, contact me [here](#) to discuss the process and details.

To see a sample report click [here](#).

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**Professional
Development Sessions**

Group Training Workshop

The EQ Advantage: Leveraging Self-Awareness in the Workplace

Target Audience

- Individual contributors
- People leaders
- Emergent leaders
- Teams

Overview

Emotional Intelligence (EQ) is an essential skill for leaders and teams in every workplace. EQ is your ability to recognize and understand your own emotions and to use this awareness to manage behaviours and make effective decisions.

Whether you are a manager, team member, or deal with clients directly, EQ behaviours foster stronger relationships with customers and colleagues, help you develop effective communication skills through trust and mutual respect, and enhance overall effectiveness and productivity in the business.

In this session participants will learn:

- The science behind Emotional Intelligence (EQ) and why it matters in a personal and professional context
- How the 5 competencies of the Emotional Intelligence (EQ-i 2.0) Model work and their impact on self-development, team productivity and business success
- How to apply the EQ Model to your work context

Outcomes

After the session, participants will be able to:

- Define and describe the benefits of EQ in the workplace
- Apply EQ strategies in both personal and professional contexts
- Create a personalized commitment goal that will support the integration of EQ in the workplace

Individual Assessment & Debrief

Optional.

The Emotionally Intelligent Leader

Creating influence and impact with EQ

Target Audience

- Senior Management
- People leaders
- Corporate Professional Development

Overview

The Emotionally Intelligent Leader course combines the powerful framework and science of the EQ-i 2.0 Assessment with a hands-on approach to examine the skills to develop Transformational Leadership: Authenticity, Coaching, Insight, and Innovation.

Through focused exploration of your EQ leadership competencies and challenges, you will build a clear understanding of the tools, best practices and insights to ensure your leadership development continues after the course is complete.

The course creates a learning environment where you can grow and learn as a leader by sharing experiences and strategies through intentional and focused conversations with the course facilitators and participants.

Outcomes

After the session, participants will be able to:

- Understand the role of emotional intelligence in effective leadership
- Explore key areas of leadership in relation to emotional intelligence using the EQ-i 2.0 model as a platform
- Create an individual action plan to further develop facets of emotional intelligence

Assessment & Debrief

Participants will receive the online EQ-i 2.0 assessment and personalized debrief with a certified assessor.



"Gifted leadership occurs where heart and head — feeling and thought — meet."

- EQ expert Daniel Goleman

Leadership With EQ

- Ability to manage stress
- More empathy
- Better decision making
- Improved self-awareness
- Effective communication
- Stronger relationships
- Increased self-motivation
- More resilience
- ...and more!

Leadership Without EQ

- Increased turnover
- Employee disengagement
- Poor relationships
- Inability to manage stress
- Lower job satisfaction
- Broken communication
- Toxic environment
- Negative workplace culture
- ...and more.



We are all leaders.

Together, let's equip leaders with the tools to lead with compassion, influence change, and create a positive impact in the workplace.

Your Coach,
Susan Crawford

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