



The BlueEQ Learning Journey

Leading with Emotional Intelligence

The *BlueEQ Learning Journey* is a transformative experience that builds emotional intelligence and creates a resilient, high-performing culture of psychological safety. Spanning 3 to 6 months, it strategically sequences learning for real-world application, reflection, and sustainable growth. Our process engages leaders through psychometrically validated assessments, AI-driven learning technologies, virtual and in-person sessions, and team coaching, driving continuous skill development and impactful behavioral change. Each element builds on prior learning, with flexible pacing and tailored steps to maximize outcomes for individuals, teams, and the organization.



BlueEQ Assessments



BlueEQ Self-Assessment™

Gain a deeper understanding of your emotional intelligence with the *BlueEQ Self-Assessment*. This psychometrically validated tool measures five essential EQ skills across 25 dimensions, providing a personalized, 36-page report packed with actionable tips, techniques, and strategies to elevate your EQ and drive personal and professional success.

BlueEQ PS16 Organization Assessment™

Discover how psychologically safe your team truly feels with the *PS16 Organization Assessment*. This 16-question assessment evaluates the 4 Quadrants of Psychological Safety™—Learner Safety, Collaborator Safety, Challenger Safety, and Inclusion Safety—to empower leaders and teams to build open, innovative, and high-performing cultures.

The **MasterClasses** lie at the heart of the BlueEQ methodology, offering a discovery-based experience focused on self awareness and team impact. The sessions begin by exploring emotional intelligence—how participants “show up” in the workplace—and progress to understanding how their skills and behaviors influence the team.

Leading with Emotional Intelligence

Higher EQ fosters empathy, open communication, collaboration, and psychological safety, empowering inclusive leadership and united, high-performing teams. Participants will measure and master the core 5 EQ Skills and 25 Dimensions to drive career and business outcomes while building self-awareness, trust and interpersonal effectiveness.

Choose from a one-day or half-day in-person or virtual workshop, both with an option to retake the BlueEQ™ self-assessment to measure

The **MasterSeries** workshops are crafted to strengthen the key behaviors essential for building high-performing teams—behaviors that many leaders find challenging. These highly interactive sessions include assessments, case studies, and breakout discussions and are available virtually or in-person

Stress Management

Master stress management techniques to enhance performance under pressure, preserving team stability and ensuring strategic problem-solving.

Building Resilience

Rekindle your passion, boost resilience, and realign with your purpose to overcome burnout and unlock new levels of brilliance.

Individual and Team

Extend and deepen the impact of your Assessments, MasterClasses and MasterSeries experiences with targeted post-workshop coaching designed for sustained behavioral change. These high-impact virtual or in-person sessions are proven to reinforce accountability, support practical application, and drive meaningful, long-term transformation. Typically structured at 30, 60, and 90-day intervals—customizable to meet your team’s unique needs—this coaching approach ensures that each participant or team can effectively implement new skills, measure progress, and achieve lasting results aligned with your organization’s objectives.

MasterSeries



Coachings

