

SOLUTION OVERVIEW

Well-Being in the Workplace through Emotional Intelligence

From our thought leader partners at BlueEQ

Blue
EQ™

Objectives

- Increase your personal emotional intelligence.
- Use your emotional intelligence to govern your thoughts, emotions, and behaviors.
- Create greater well-being personally and professionally.

The full program includes the following:

- The BlueEQ™ emotional intelligence assessment
- The BlueEQ™ Well-Being in the Workplace through Emotional Intelligence workbook
- 3-step development plan
- A live-virtual workshop in two 3-hour Zoom sessions

Virtual program agenda:

- Module 1: Why Emotional Intelligence?
- Module 2: Improving Well-Being through Behavioral Pairing
- Module 3: Creating Sustainable Behavioral Change

For additional information, visit [Advantage Performance Group](https://www.advantageperformance.com), call us at (415) 925-6832 or email contact@advantageperformance.com.



BlueEQ™ is most accurate, comprehensive and powerful emotional intelligence self-assessment available

Program description

The BlueEQ™ self-assessment analyzes 5 key skill areas, each comprised of 5 dimensions. Dimensions are skill subsets that measure specific behaviors and attitudes that can be improved through a process of deliberate behavioral change. Made up of 150 rapid response questions, the assessment takes an average of 20 minutes to complete and provides you with a heat map of scores across 5 skills and 25 dimensions. The assessment is combined with a workbook, a 3-step development plan, and a live-virtual workshop in two 2-hour Zoom sessions.

Why emotional intelligence?

Your EQ can strengthen or weaken your well-being. Through BlueEQ, you can get practical advice on how to improve the weaker areas of your emotional intelligence, especially those that contribute to and strengthen your well-being.

The Research

