

Developing Behavioral EQ[®]

Teaches the meaning and importance of Emotional Intelligence and how to apply strategies that improve Behavioral EQ skills.



BENEFITS OF TRAINING VIRTUALLY

- It's a cost-effective way to train—no travel, no lunches brought in!
- You can schedule, customize and deliver the training from your own computer
- It expands your skillset and increases the value you bring to your company and clients
- TRACOM will train you to teach this curriculum virtually, or we can facilitate it for you

PRODUCT DESCRIPTION

This course helps training participants recognize the meaning and importance of Emotional Intelligence and provides them with strategies to improve their EQ behaviors.

Learners complete an online survey that results in a profile detailing their own abilities, strengths and development opportunities and are shown how to create an action plan focused on developing their Behavioral EQ.

Emotional Intelligence is a concept focused on how effectively people work with others. These emotional intelligence skills are unique from a person's technical skills and cognitive abilities. Multiple studies have shown that emotional intelligence competencies account for the difference between star performers and average performers, particularly in positions of leadership.



Virtual Delivery Options

- One 3-hour session
- Two separate 90-minute sessions



Audience

- Executives
- Managers
- Individual Contributors



Assessments

- Online Multi-Rater Behavioral EQ Profile



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Training Agenda Options



ONE 3-HOUR VIRTUAL TRAINING SESSION

Introduction
Emotions, Behavior, and the Brain
The Importance of Behavioral EQ
The Behavioral EQ Model[®]

- Emotional Intelligence – Self
- Behavioral Intelligence – Self
- Emotional Intelligence – Others
- Behavioral Intelligence – Others

Your Behavioral EQ Profile
Improving Your Behavioral EQ
Behavioral EQ Action Planner
Summary & References

TWO 90-MINUTE VIRTUAL TRAINING SESSIONS

Session 1
Introduction
Emotions, Behavior, and the Brain
The Importance of Behavioral EQ
The Behavioral EQ Model[®]

- Emotional Intelligence – Self
- Behavioral Intelligence – Self
- Emotional Intelligence – Others
- Behavioral Intelligence – Others

Session 2
Recap Session 1
Your Behavioral EQ Profile
Improving Your Behavioral EQ
Behavioral EQ Action Planner
Summary and References

PARTICIPANTS WILL...

- ✓ Learn the difference between Emotional Intelligence and Behavioral Intelligence
- ✓ Discover the skills that make up behavioral and emotional intelligence
- ✓ Receive a profile rating their Behavioral EQ skills
- ✓ Learn strategies to enhance those skills

WHAT'S INCLUDED...

Facilitators receive:

- Facilitator Guide
- Participant Workbook
- Behavioral EQ Applications Guide
- Powerpoint Presentation
- Handouts for Exercises
- Session Evaluation Handout
- Participant Certificate of Completion

Training participants receive:

- Digital Participant Workbook
- Behavioral EQ Profile they can download from TRACOM's system

Free certification is available to allow you to deliver this course using the multi-rater profile. Contact TRACOM for more information.

THE CLASSROOM IS VIRTUAL. THE RESULTS ARE REAL.

Contact us for help in creating the best virtual training experience for you and your participants.