

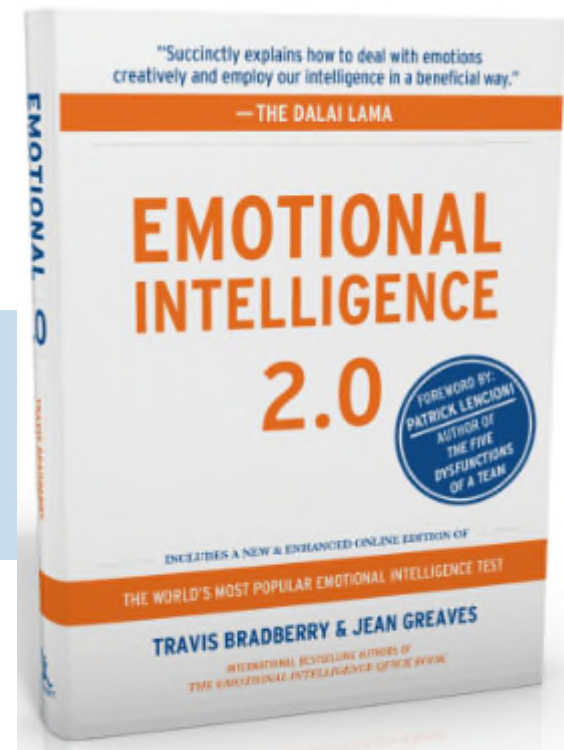
Your Presenter Today:

Tom Vega

Change Agent – The Hartford

May 15th 2018

**Introduction to Emotional Intelligence 2.0 by
Drs. Travis Bradberry & Jean Greaves**



What is Emotional Intelligence

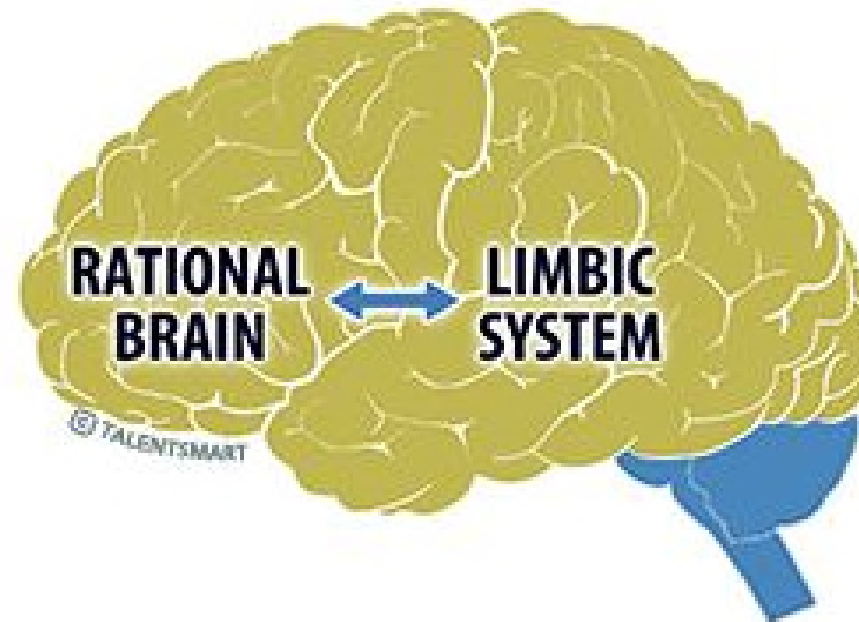
Emotional Intelligence Is...

“Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.”

*Drs. Travis Bradberry
and Jean Greaves*
Emotional intelligence 2.0

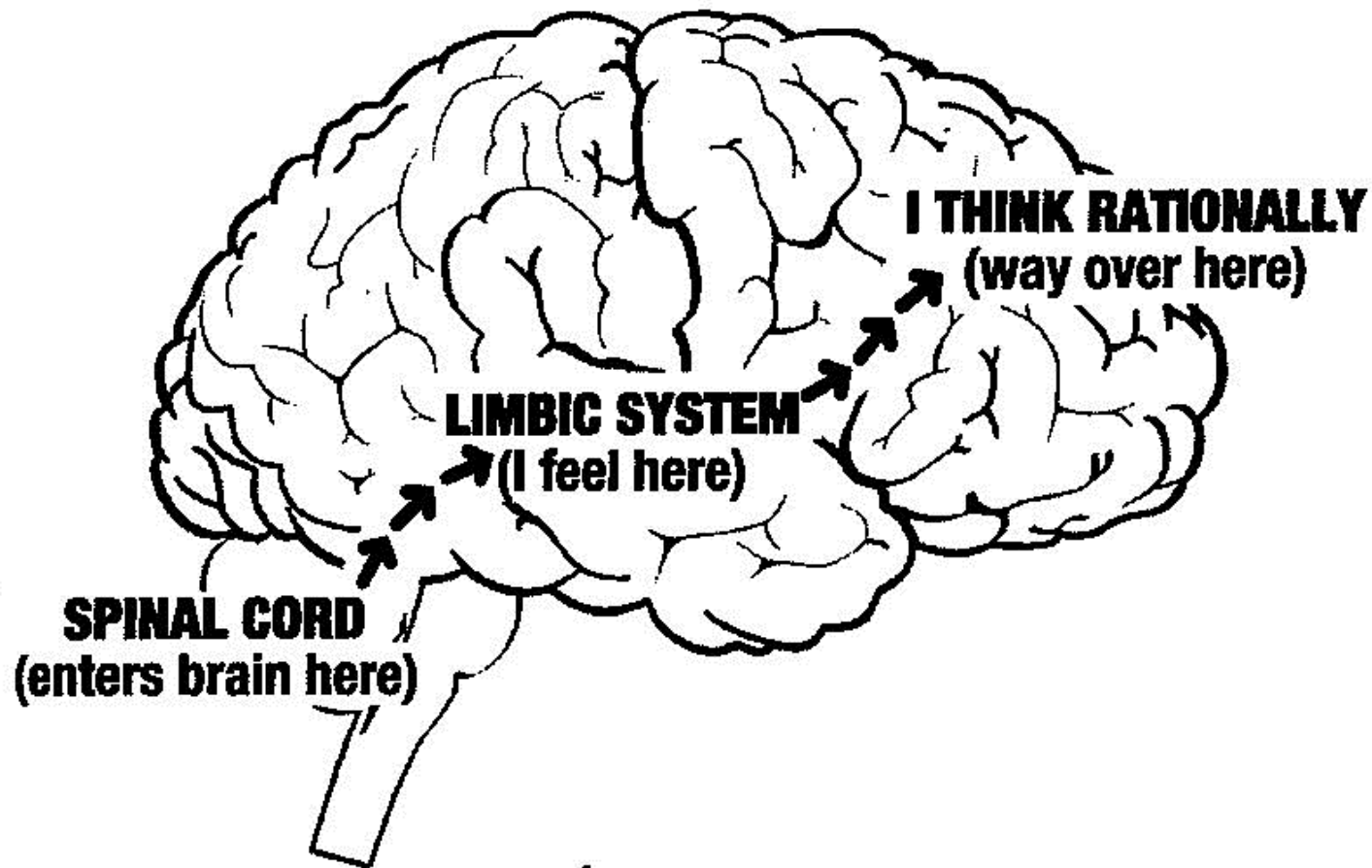


What is Emotional Intelligence



*Emotional intelligence is a balance
between the rational and emotional brain.*

What is Emotional Intelligence



What is Emotional Intelligence

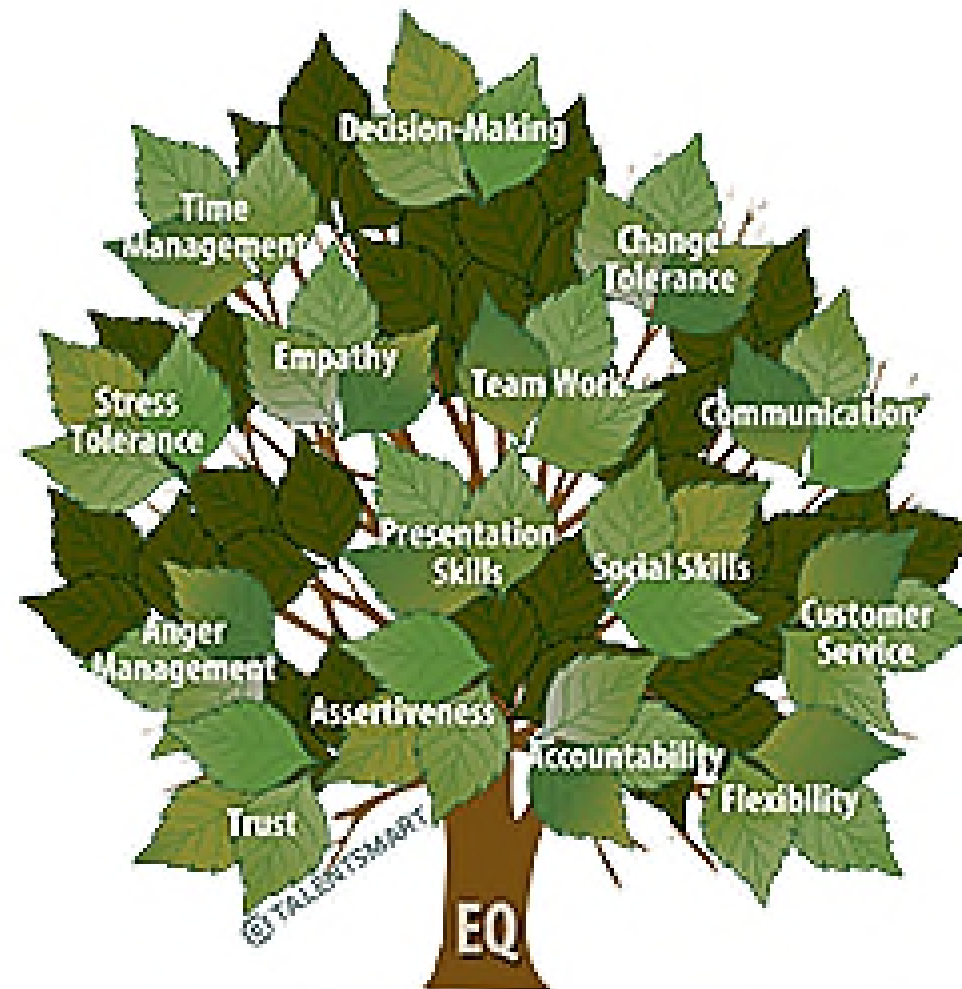


Emotional intelligence is an essential part of the whole person.



Emotional intelligence is made up of four core skills.

Why Should Emotional Intelligence Be Important to Me



*Emotional intelligence is
the foundation for critical skills.*

Why Should Emotional Intelligence Be Important to Me

EQ is responsible for

58%

*of your job
performance*



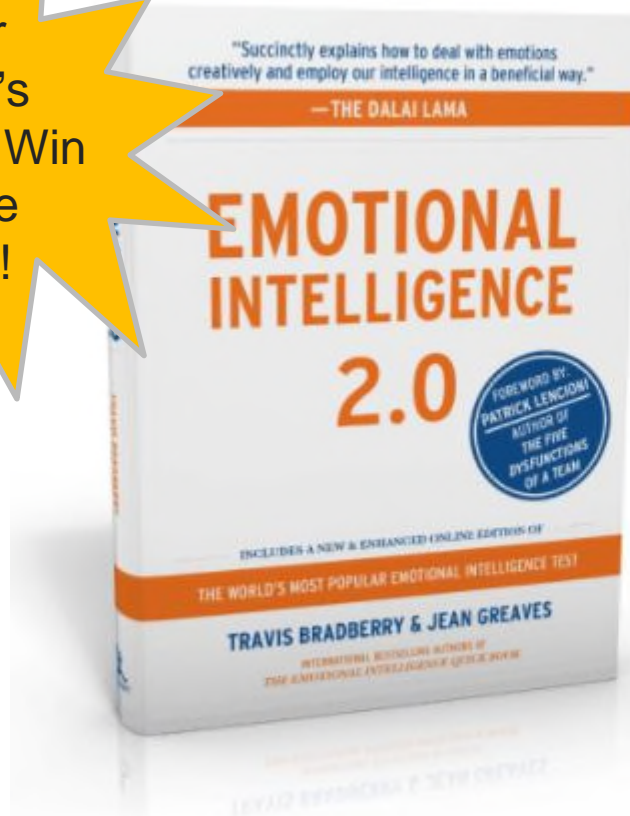
\$29,000

*People with high EQ
make \$29,000 more
annually than their
low EQ counterparts*

Anyone can increase his or her EQ with perspective and practice.

How Do I Learn About My Emotional Intelligence? Get Better?

Enter
Today's
Raffle to Win
a Free
Copy!



A book with a single purpose—increasing your EQ.

For the first time, TalentSmart unveils its step-by-step program for increasing emotional intelligence via 66 proven strategies that teach:

- » self-awareness
- » self-management
- » social awareness
- » relationship management

The book also includes access to the enhanced online edition of the world's most popular EQ test—the Emotional Intelligence Appraisal—that pinpoints the strategies that will increase your emotional intelligence the most and tests your EQ a second time to measure your progress.

Begin with a Test

Create an Action Plan

Practice

Enter Today's
Raffle to Win a
Free Copy!

Questions?

Thank You

