



Increase Your Success with Emotional Intelligence

The EQ-i 2.0® is a powerful assessment that takes a snapshot of a person's emotional intelligence at a particular point in time. With a focus on developing a set of emotional and social skills, emotional intelligence can improve. Based on the concept of a musical equalizer, the **EQ-lizer™** guides you in creating a harmonious balance among your skills. With the EQ-lizer, you build a comprehensive, well thought-out plan to develop yourself with a commitment to re-assess at a later date to confirm that your plan is working.

The **EQ-lizer** will help you with:

- Self-discovery and reaching your potential
- Achieving balance among your emotional intelligence skill set
- Enhancing your self-awareness and attaining personal growth

Increasing your success with emotional intelligence is a three step process:

1. **Self-Reflection.** Evaluate yourself on the emotional intelligence subscales.
2. **Feedback.** Get feedback on your EQ-i 2.0 assessment results and compare to your own evaluation. Make adjustments, if any, to the subscales you would like to focus on in your development plan.
3. **Development.** Based on the subscales you have targeted for development, create a plan for improvement and success. Remind yourself often about your objectives and re-take the EQ-i 2.0 assessment to track your progress.

EQ-lizer™

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