

## BlueEQ™ Emotional Intelligence Model

BlueEQ™ is a market-leading emotional intelligence solution designed for senior leaders, managers, and individual contributors. It integrates a powerful, validated assessment with a high-impact training workshop. BlueEQ™ accelerates the development of five critical emotional intelligence skills to create measurable career and business impact.



## Core Logic

Anchored in cutting-edge research, BlueEQ™ is built on the core logic that emotional intelligence is the primary enabling skill for creating psychological safety. As confirmed by Google's Aristotle Project, psychological safety is the essential requirement for team and organization performance.



## Course Objectives

1. Increase your personal emotional intelligence
2. Build your team's psychological safety
3. Model brand ambassadorship
4. Demonstrate greater interpersonal effectiveness
5. Create career and business impact

## Four-Stage Integrated Solution



## Workshop Timing

The BlueEQ™ course is a one-day, highly interactive, discovery-based learning experience that incorporates learning map methodology, peer coaching, video, and intensive skill-building exercises. Based on our proprietary i4P™ five-step process, participants complete a 30-90 day personal development plan for three emotional intelligence dimensions.

### Facilitator Kickoff & Introductions

#### Module 1: Why Emotional Intelligence? 90 minutes

- Define Emotional Intelligence
- i4P™ Step 1: Interpret Your Results
- Create Career Impact

#### Break 15 minutes

#### Module 1 continued 60 minutes

- Create Business Impact
- Become a Brand Ambassador

#### Module 2: Creating Psychological Safety 45 minutes

- Identify Blue Zones and Red Zones
- Define Organizational Culture

#### Lunch 60 minutes

#### Module 3: Building the Five Skills 90 minutes

- i4P™ Step 2: Prioritize Development Goals
- Explore Self-regard and Feedback

- Identify Triggers and the Impact of De-escalation Strategies
- Understand and Interpret The 8 Emotions

#### Break 15 minutes

#### Module 3 continued 45 minutes

- Outline the Four Connecting Anchors
- i4P™ Step 3: Plan Behavioral Change

#### Module 4: Creating Sustainable Behavioral Change 20 minutes

- Recognize Patterns of Deflection
- Transfer Ownership for Change

#### Module 5: i4P™ Steps 4-5 75 minutes

- Implement the Peer Coaching Process
- i4P™ Step 4: Practice Daily Behaviors
- i4P™ Step 5: Prove and Measure Progress
- Share BlueEQ™ Breakthrough