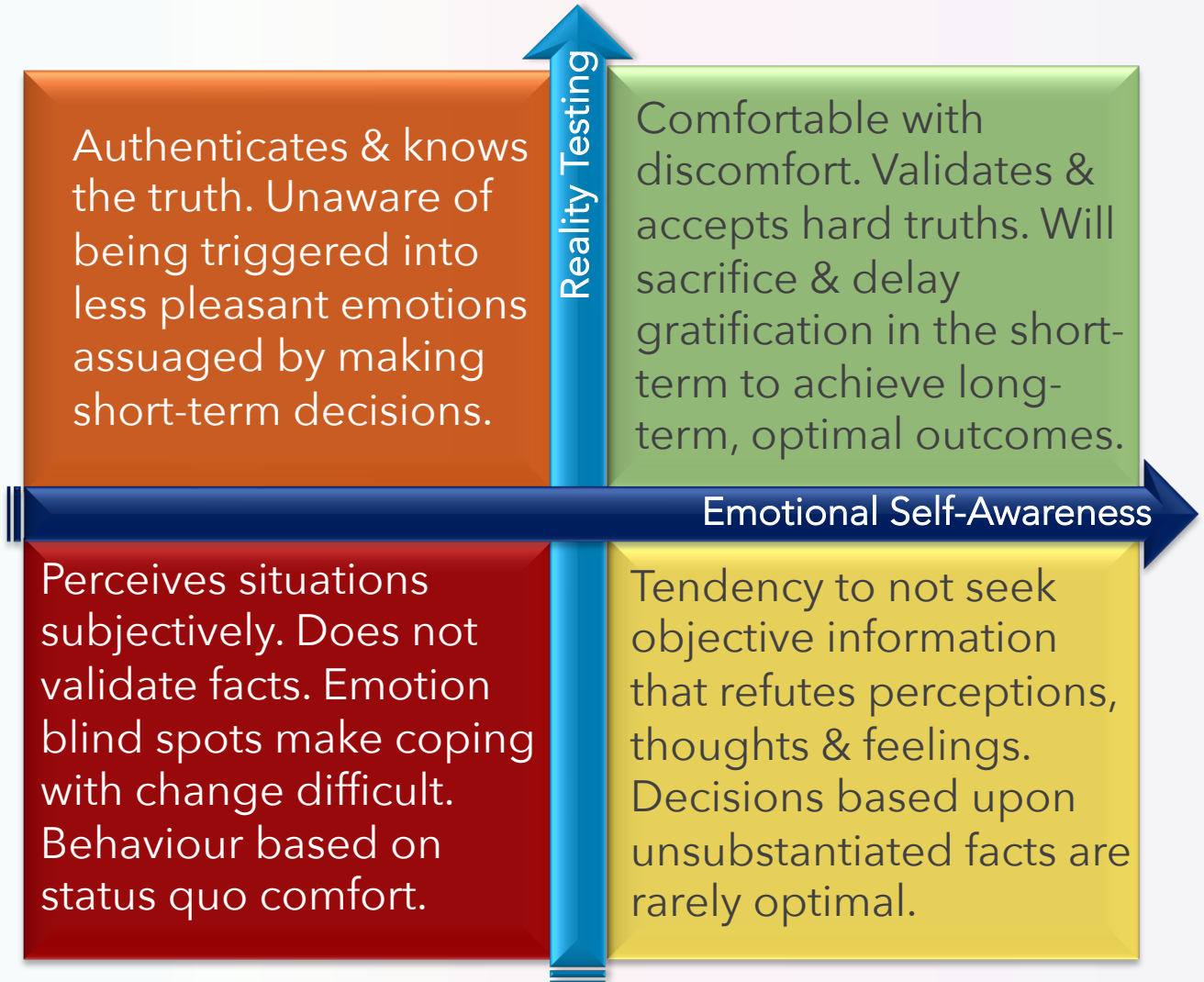


# MASTERING EQ CORE COMPETENCIES: OPTIMAL LONG-TERM DECISION MAKING



**REALITY TESTING:** THE ABILITY TO SEE THINGS OBJECTIVELY, THE WAY THEY ARE, RATHER THAN THE WAY WE WISH OR FEAR THEM TO BE



**EMOTIONAL SELF-AWARENESS:** THE ABILITY TO IDENTIFY & DIFFERENTIATE BETWEEN FEELINGS, UNDERSTAND THEIR SOURCE, AND RECOGNIZE THE IMPACT THEY HAVE ON OTHERS



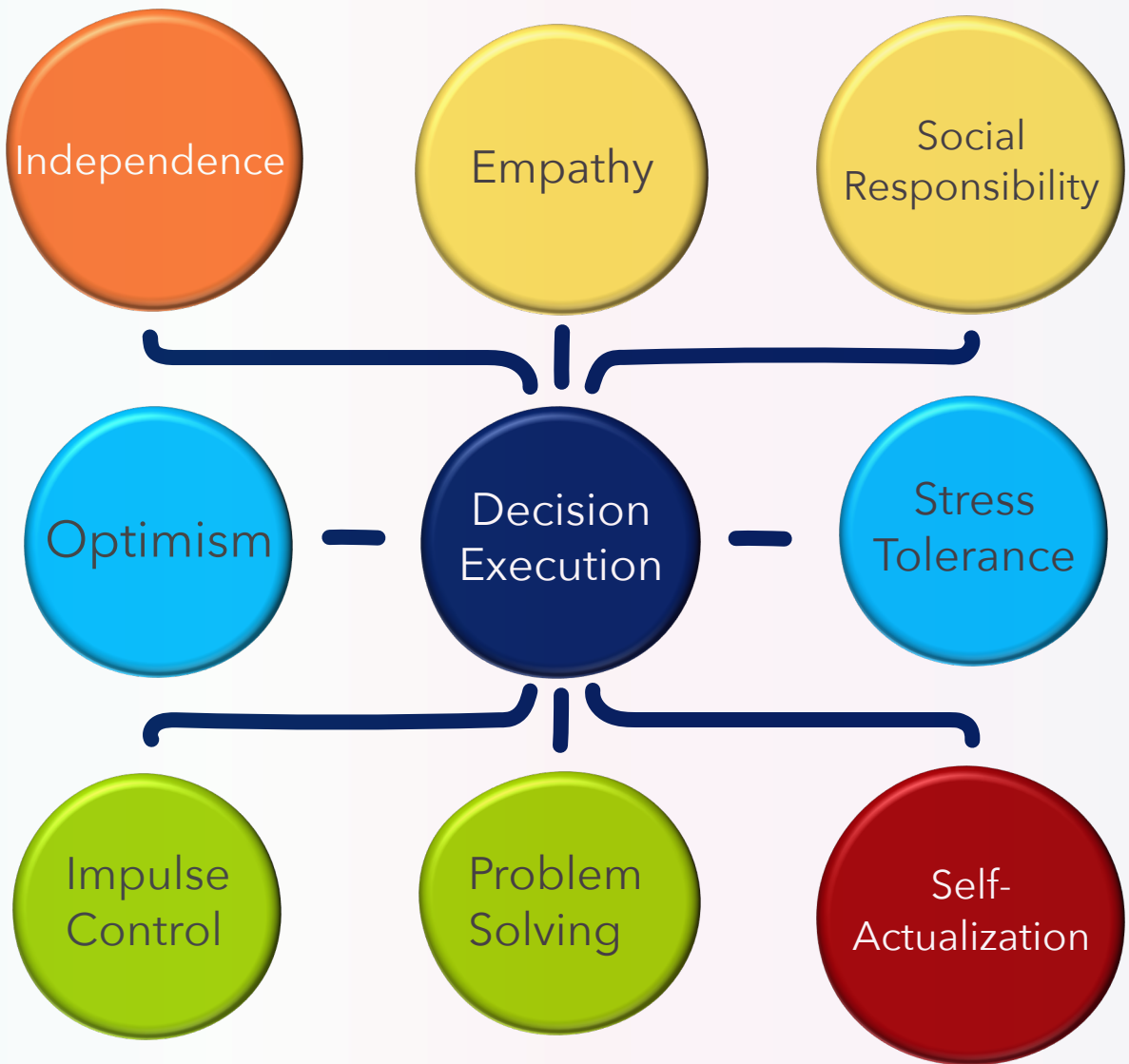
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**EQ-i<sup>2.0</sup>**  
assess. predict. perform.

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# MASTERING EQ CORE COMPETENCIES: FORMULATING STEPS IN DECISION EXECUTION



ONCE WE COMMIT TO MAKING AN OPTIMAL, LONG-TERM DECISION, WE THINK THAT FORMULATING EACH STEP IN THE EXECUTION IS AN OPERATION OF COGNITION AND EXECUTIVE FUNCTIONING, OCCURRING WITHIN OUR PREFRONTAL CORTEX. NEUROSCIENCE SUGGESTS OTHERWISE; THAT EMOTIONS PRECEDE OUR EVERY THOUGHT, INFLUENCING HOW WE EXECUTE DECISIONS.



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# THE EQ-I2.0® MODEL OF EMOTIONAL INTELLIGENCE



EMOTIONS INFLUENCE EVERYTHING WE DO.

ALL PERCEPTIONS ARE FILTERED THROUGH OUR EMOTIONAL LENS.

EMOTIONS AFFECT OUR ABILITY TO USE LOGIC AND REASON.

UNDERSTANDING MORE ABOUT THE ROLE OF EMOTIONS IN OUR LIVES, AND HOW THEY INFORM OUR BEHAVIOUR, INCREASES OUR FULFILLMENT AND EFFECTIVENESS AT HOME, AT WORK, AND EVERYWHERE IN BETWEEN.



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To schedule an EQ-i2.0® emotional  
intelligence inventory & debrief or training  
discussion, please visit:  
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