# EIQ Workshop

# Agenda

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| Introductions  Emotional Intelligence  Why does it Matter?  *Optional Discussion*  Highs and Lows of EIQ  *Optional Reflection* | 5 minutes 2 minutes  2 minutes  5 minutes  2 minutes  3 minutes |
| The 4 quotients  *Optional Discussion*  Self Recognition  Social Recognition  Self Management  Social Management  Application  *Optional Activity: Ask the Right Questions*  Report Debrief  Wrap Up | 6 minutes  10 minutes 35 minutes  10 minutes  10 minutes  10 minutes  10 minutes  5 minutes  5 minutes 50 minutes  30 minutes  5 minutes 35 minutes |

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| Total Training Time |  | 2 hours |  |
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