

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	8:30 – 8:45	
Module 1: Why Emotional Intelligence?	8:45 – 10:00	
• Instruction Card 1: Defining EQ	(15 minutes)	• Instruction Card 6: Speed Feed Exercise (25 minutes)
• i4P™ Step 1: Interpret Your Results	(35 minutes)	• Instruction Card 7: Yellow Card Exercise (20 minutes)
• Instruction Card 2: Career Impact	(25 minutes)	• Instruction Card 8: The Eight Emotions Exercise (25 minutes)
Break	10:00 – 10:15	Break
Module 1 continued	10:15 – 11:15	Module 3 continued
• Instruction Card 3: Business Impact	(25 minutes)	• Instruction Card 9: The Four Connecting Anchors (25 minutes)
• Instruction Card 4: Brand Keepers & Breakers	(35 minutes)	• i4P™ Step 3: Plan (20 minutes)
Module 2: Creating Psychological Safety	11:15 – 12:00	Module 4: Creating Sustainable Behavioral Change
• Instruction Card 5	(35 minutes)	Module 5: i4P™ Steps 4-5
• Videos/Debrief	(11 minutes)	• Intro: Muscle Memory & Peer Coaching (10 minutes)
Lunch	12:00 – 1:00	• i4P™ Step 4: Practice (25 minutes)
Module 3: Building the Five Skills	1:00 – 2:30	• i4P™ Step 5: Prove (15 minutes)
• i4P™ Step 2: Prioritize (20 minutes)		• Close (15 minutes)

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