

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 5 years of research, psychological safety is the essential requirement for successful team and organizational performance.



Course Objectives

1. Increase your personal emotional intelligence
2. Build your team's psychological safety
3. Build trust and engagement during times of stress
4. Demonstrate greater interpersonal effectiveness
5. Create career and business impact

Four-Stage Integrated Solution



Live Virtual Session Timing

The BlueEQ™ course is a half-day, highly interactive, discovery-based learning experience that incorporates peer coaching, skill-building exercises and group discussion. Based on our proprietary i4P™ five-step process, participants complete a 60-90 day personal development plan for three emotional intelligence dimensions. Once the 90 days are complete, participants will again take the BlueEQ™ Self-Assessment.

Topic	Approximate Duration	Suggested Timing
Facilitator Kickoff & Introductions	15 minutes	8:30 – 8:45
Module 1: Why Emotional Intelligence?	20 minutes	8:45 – 9:05
Module 2: Introduction to the i4P™ Process	80 minutes	9:05 – 10:25
Break	15 minutes	10:25 – 10:40
Module 3: Creating Psychological Safety	70 minutes	10:40 – 11:50
Module 4: Creating Sustainable Behavioral Change	40 minutes	11:55 – 12:30
Total Time	4 hours (including Break)	