# EIQ Workshop

# Agenda

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| Introductions Emotional IntelligenceWhy does it Matter? *Optional Discussion*Highs and Lows of EIQ*Optional Reflection* | 5 minutes 2 minutes 2 minutes 5 minutes2 minutes 3 minutes  |
| The 4 quotients*Optional Discussion*Self Recognition Social RecognitionSelf ManagementSocial ManagementApplication*Optional Activity: Ask the Right Questions*Report Debrief Wrap Up | 6 minutes10 minutes 35 minutes10 minutes 10 minutes 10 minutes 10 minutes5 minutes5 minutes 50 minutes30 minutes5 minutes 35 minutes |

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|  Total Training Time  |  |  2 hours  |  |
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