

Using Emotional Intelligence to Lead Better and Live Happier



MARY KUTHEIS • MCKCOACHING.COM



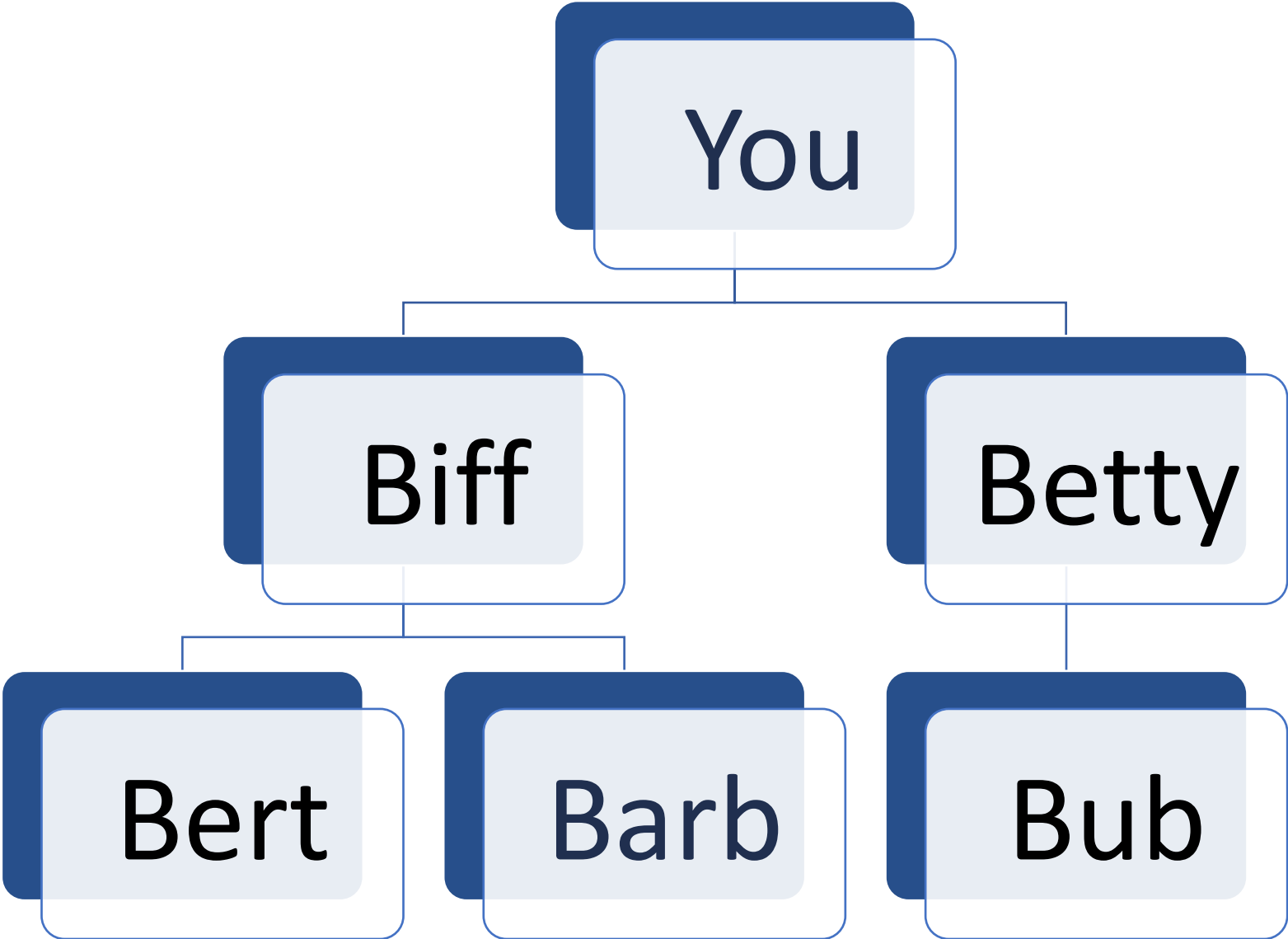
- Use Q&A box for questions
- Drop those in any time
- Use Chat for responses or connecting with one another
- Great time to practice focus skills
- Q&A at the end as well

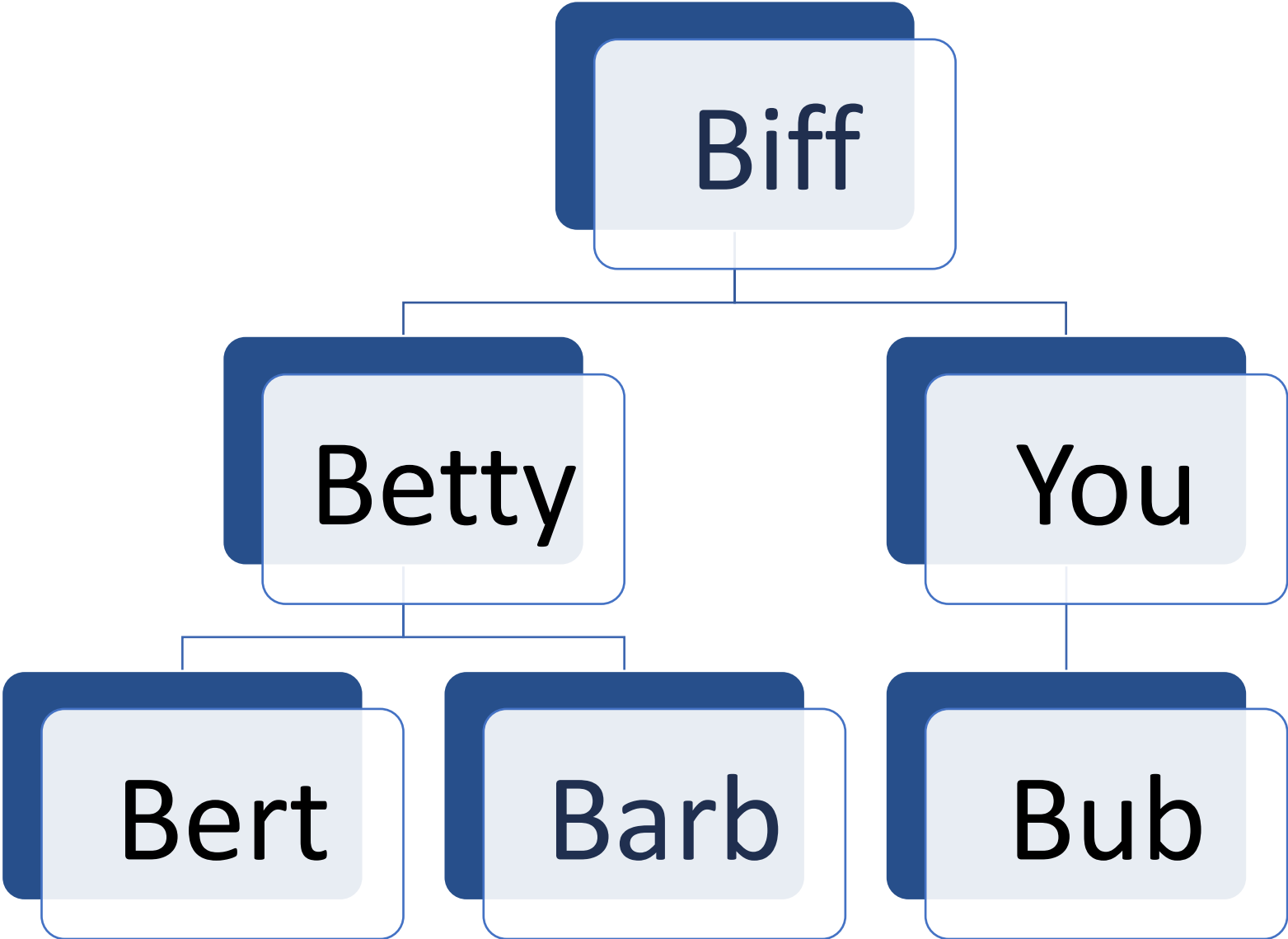
Today

Why me?

Set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain relationships, cope with challenges and use emotional information in a meaningful way.

Question







You

Breakout

BEST

WORST

- What was the situation?
- Your role in relation to that person?
- What did they do well or badly?
- What was the impact on you/team/company?

The EQ-i 2.0 Model



Self-Perception Self-Regard



Expressive method





Decision-Making Problem Solving



Stress Management
Flexibility



What subscale(s) are related to the skill(s) that leader had, or lacked?

The EQ-i 2.0 Model



If you had to guess (*you don't, but we'll get to that*) what subscale(s) are related to the skill(s) you'd like to boost?

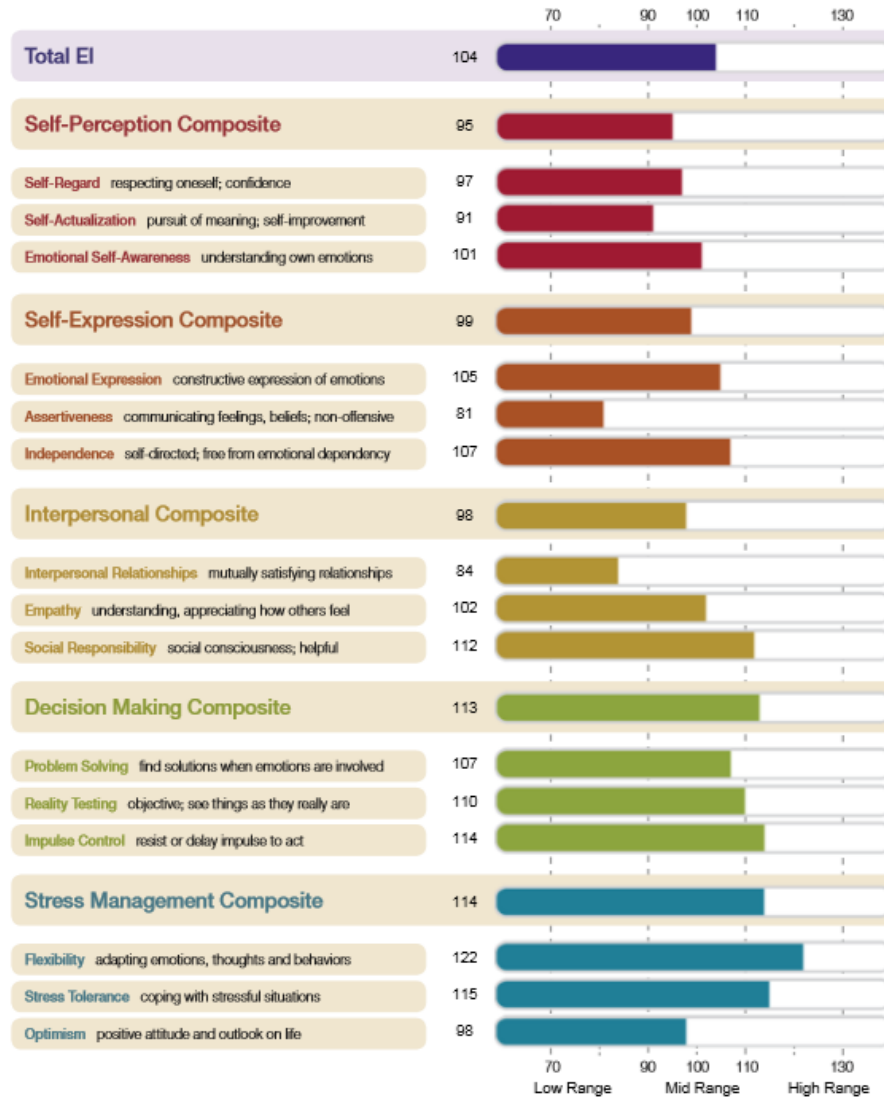
Question



EQ-i 2.0[®]

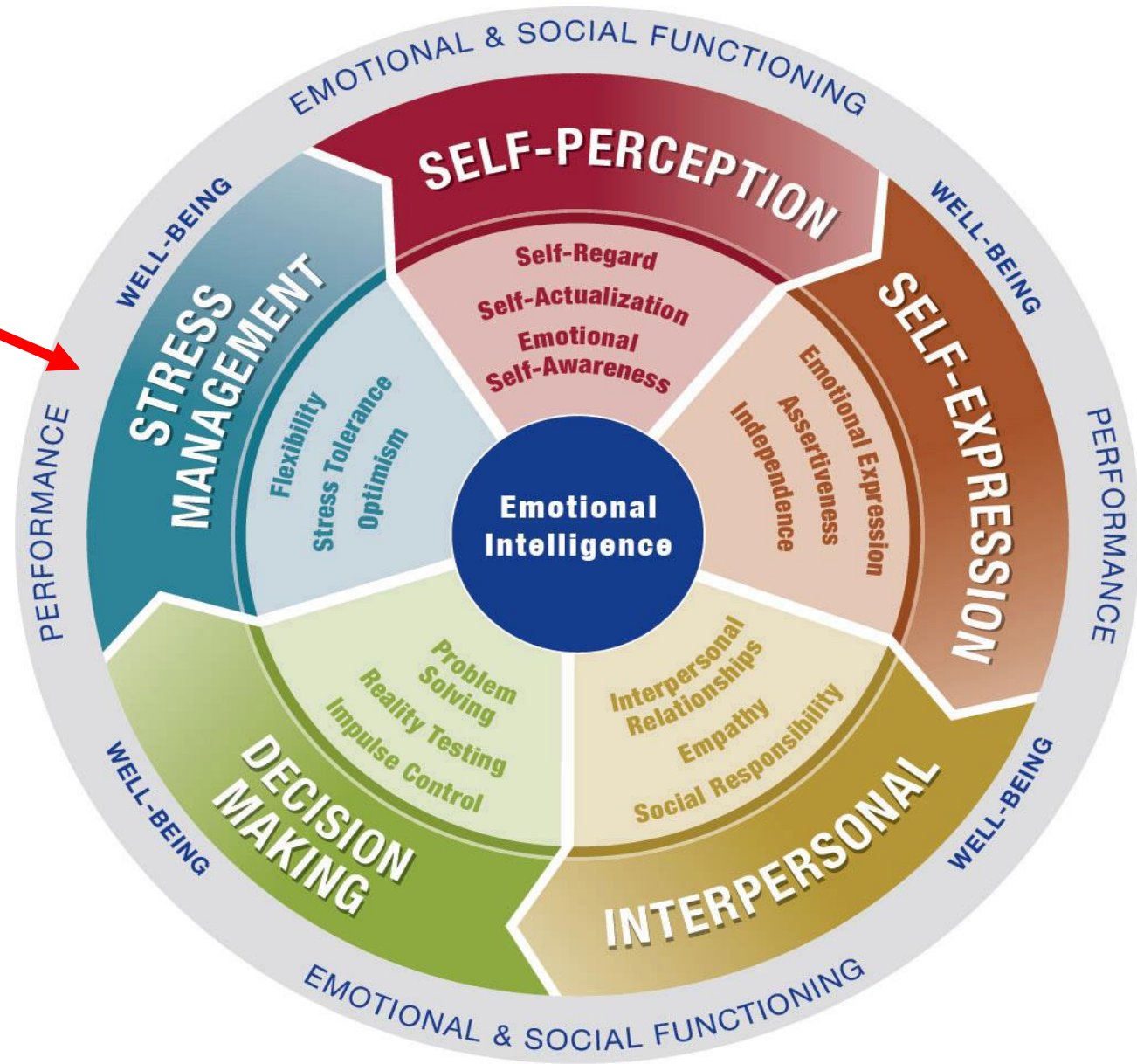
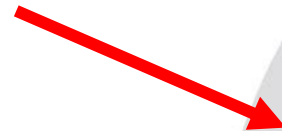
assess. predict. perform.

How You Responded: Summary



Well-Being Score

- Self-Regard
- Optimism
- Interpersonal Relationships
- Self-Actualization





Q&A

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