

# The Emotional Intelligence Journey™

## Month 1: **In-Depth Debrief**

### Month 2: **Revisit Results**

# Month 3:

**Discuss Feedback** 

### Month 4:

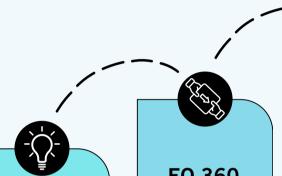
**Build Progress** 

### Month 5:

**Additional Coaching** 

### Month 6:

**Additional Coaching** 



**Select Observers** 

Participant to <u>identify raters</u> across 4 groups (managers, peers, direct reports, and family/friends)

**EQ 360** 

Participant and raters to take EQ 360 assessment

Self **Discovery** Coaching

Expert coach and participant meet for a comprehensive debrief based n 360 results

