



Your 8-Week Journey to Emotional Intelligence Mastery

Transform your leadership effectiveness and workplace relationships through a structured, week-by-week approach to developing the five core components of emotional intelligence.

Why Emotional Intelligence Matters Now

90%

Top Performers

Have high emotional intelligence
according to research

2X

Salary Impact

Higher earnings for emotionally
intelligent professionals

71%

Hiring Priority

Of managers value EQ over IQ when
making decisions

Weeks 1-2: Building Self-Awareness

Your Foundation Goal

Develop the ability to recognize and understand your emotions as they occur in real-time.

Daily Practice

- Morning reflection journaling
- Label emotions immediately when felt
- Notice physical sensations tied to feelings



Weeks 3-4: Mastering Self-Regulation



Pre-Meeting Breathing

Take three deep breaths before entering any meeting or difficult conversation to center yourself.



The Strategic Pause

Count to three before responding to challenging situations or unexpected feedback.



Emotional Redirection

When feeling triggered, ask yourself: "What outcome do I want from this interaction?"

Week 5: Amplifying Social Awareness

Mirror Their Tone

Match the energy and speaking pace of your conversation partner to build natural rapport and connection.

Read the Room

Watch for crossed arms, fidgeting, or facial expressions that reveal unspoken feelings and concerns.

Listen Beyond Words

Notice what's NOT being said and the emotional undertones in team meetings and conversations.

Weeks 6-7: Strengthening Empathy

Active Listening Mastery

- Put devices away completely
- Maintain natural eye contact
- Reflect back what you heard
- Ask clarifying questions

The Empathy Question

| "How are you feeling about this situation?"

Use this powerful question to deepen understanding and show genuine care for others' emotional experiences.

Week 8+: Applying Social Skills & Motivation

1 Lead Weekly Team Check-ins

Create safe spaces for team members to share challenges and celebrate wins together.

2 Speak Up with Calm Clarity

Practice expressing your ideas and concerns using "I" statements and solution-focused language.

3 Motivate Through Connection

Link team goals to individual values and help others see their meaningful contribution.

Your EQ Journey Continues

Track Your Progress

Use a weekly EQ journal to note improvements and areas for continued growth.

Seek Feedback

Ask trusted colleagues about changes they've noticed in your communication style.

Practice Daily

Make emotional intelligence a daily habit, not just a skill you use during crises.

Remember: Emotional intelligence is a journey, not a destination. Each interaction is an opportunity to strengthen these essential leadership skills.