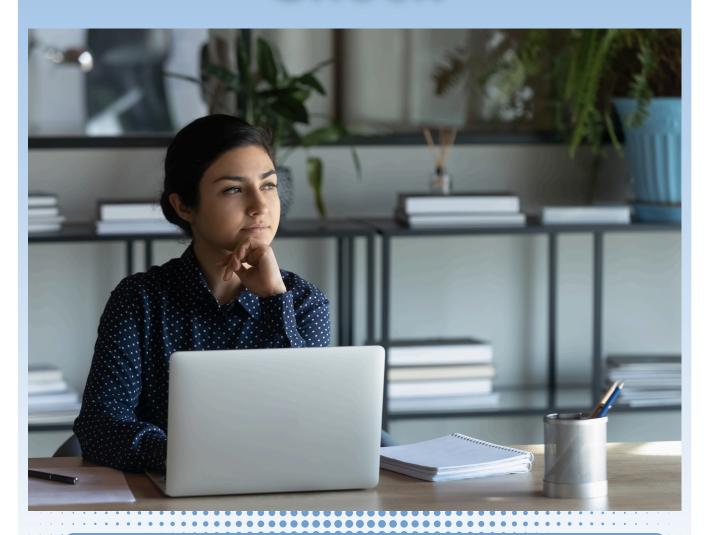
# EQ 101: The 5-Minute Self-Check



A Quick Tool to Steady Your Leadership in Emotional Waters

The first step to emotional intelligence is noticing what's already within you.



## Why This Tool Matters

In leadership, emotions are like the tides—constantly shifting and shaping the way we show up.

But most of us respond on autopilot: we snap, we shut down, or we scatter.

The cost? Misunderstandings, stalled progress, and strained relationships.

This tool helps you pause and quickly reset—so you can notice what's happening, choose a wiser response, and lead with steadiness.

In just five minutes, you'll build the first building block of emotional intelligence: awareness.



# Quick Start Instructions (5 Steps < 5 Minutes)

Use this anytime before a meeting, in the middle of conflict, or when you feel "off" but can't name why.

- Pause & Breathe Take one slow breath. Give yourself permission to step out of autopilot.
- 2. **Notice –** Scan your body and mind. Where do you feel tension? What thoughts are running?
- 3. **Name –** Choose 1–2 words to describe your current emotion (e.g., "anxious," "calm," "frustrated," "hopeful").
- 4. Choose Ask: "What response aligns with the leader I want to be in this moment?"
- 5. **Act** Move forward with clarity, even if it's a small next step (e.g., pausing, asking a question, shifting tone).



### Reflection & Growth

After using the self-check, jot a quick note.

What did I notice about my emotions?	
How did naming them shift my response?	
What impact did that have on my leadership?	

#### Pro Tip:

The more you use this tool, the faster your "EQ muscle" strengthens. Over time, you'll move from reacting to responding with intention.





# Next Steps - From Awareness → Mastery

This self-check gives you a taste of emotional intelligence in action.

But here's the truth: awareness is only the beginning.

- You've noticed your emotions—what's next is learning how to regulate, translate, and express them with clarity and care.
- That's where my program Compass of Clarity: Charting Your Course to Greater Emotional
   Intelligence comes in. It's a guided voyage using practical tools, research, and the sailboat metaphor to help you:
  - Steer through emotional storms with steadiness
  - Build stronger relationships with your team
  - Lead with more clarity, confidence, and care

Ready to take the helm of your emotional life?

Learn more about **Compass of Clarity** on the next page.



#### An Emotional Intelligence Program for Leaders

Like steering a ship, emotional intelligence requires awareness, direction, and balance. These workshops invite you to navigate life's waters with steadiness, empathy, and purpose.



#### 6 90-min. Live Teaching Sessions

Interactive sessions grounded in positive psychology



#### 6 1-hr Group Coaching Sessions

A space for integration, insight, and peer reflection—turning concepts into practice and lived leadership.



#### Personalized EQ Growth Plan

Design your next journey to continue becoming the captain of your leadership.



#### Downloadable Workbook + Tools

Reflection prompts, micro-practices, templates, to help you strengthen EQ skills between sessions.



#### **Certificate of Completion**

For personal recognition and accomplishment



#### **Private Online Community**

A confidential space to connect, share, and be supported throughout the journey



#### **Monthly Office Hours**

Drop in for encouragement or deeper conversation



## 1:1 Coaching Session (within 90 days post-program)

A follow-up opportunity to anchor and sustain momentum



#### **Quarterly Alumni Circles**

Live community gatherings to reconnect, reflect, and continue practicing EQ beyond the 12 weeks.