

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.

1. **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.



COMPASS OF CLARITY

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



Private Online Community

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



6 1-hr Group Coaching Sessions

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



Monthly Office Hours

Drop in for encouragement or deeper conversation



Personalized EQ Growth Plan

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



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

A follow-up opportunity to anchor and sustain momentum



Downloadable Workbook + Tools

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



Quarterly Alumni Circles

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



Certificate of Completion

For personal recognition and accomplishment

LEARN MORE

Visit jonlieu.com/emotionalintelligence