



Are employees having problems communicating effectively?  
Are your employees involved in any conflict?  
Do employee performance levels suffer?  
Do you have stressed out employees?

**Rising EQ can help!**



Emotional intelligence is the ability to know and understand ourselves, develop and maintain positive relationships and use healthy coping skills by using our emotions in a positive way. EQ is a set of skills that **EVERY EMPLOYEE CAN MASTER** for improved workplace relationships and job performance.

### Benefits of Rising EQ training:

1. They will improve communications among colleagues, clients and bosses for for better relationships
2. Conflict among employees will decrease and be replaced by collaboration
3. Improved levels of teamwork that heighten overall job performance and productivity
4. Employees will lower their stress and increase satisfaction in their workplace



### WHO SHOULD ATTEND RISING EQ TRAINING PROGRAMS?

- Any employee who desires to gain skills to attain or maintain top performer status
- Any employee desiring to promote within their organization
- Managers who want to strengthen their people skills while managing others



Victoria with Rising EQ provided an excellent seminar at the Houston office focused on "Emotional Intelligence in the Workplace" and received "rave reviews" from all who attended. We will certainly consider bringing Victoria back for the added value of continuing education for the employees and the obvious ROI!

JULIANNE T., MARKETING MANAGER

### CHECK OUT WHAT ATTENDEES ARE SAYING

Great presenter with lots of knowledge about EI. Great tips I will be using!

JANET R., YOUTH COACH

Victoria has enriched and energized my career through goal setting techniques helping me uncover my emotional landmines.

ALLISON, EXECUTIVE ASSISTANT

Victoria has a wealth of knowledge with great energy and clarity on the subject matter.

LINDSEY B., CUSTOMER SERVICE

# SERVICES PROVIDED:

## Rising EQ Emotional Intelligence Skill Building Training Workshops

Each interactive emotional intelligence skill building training program is held at your organization or other desired location to present training anywhere in the United States for any number of employees.

### TRAINING WORKSHOPS OFFERED:

#### 1. The Emotionally Intelligent Leader Workshop with Leadership Assessment



Develop effectiveness as a leader through emotional intelligence comprehensive skill building. Take the EQi 2.0 assessment and a detailed individual leadership report will be incorporated into program.

#### 2. Change Style Indicator Change Management Workshop with Assessment



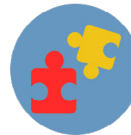
Workshop includes an assessment that measures personal preferences in handling change in the workplace and addresses how others perceives your style.

#### 3. Emotional Intelligence Workshops (full & 1/2 day)



Understand what emotional intelligence is including the 5 key competencies. Gain EQ skills to become more effective in the workplace.

#### 4. Conflict Management Using EQ Workshop (full & 1/2 day)



Raise competencies managing conflict in the workplace. Examine common workplace situations where conflict can be an issue and learn effective strategies to eliminate the conflict.

#### 5. Emotional Intelligence Keynote Presentations



45-60 minutes for your next conference, business meeting, or lunch & learn.

Rising EQ skill building training programs are cost effective with a high level of ROI (return on investment). The training programs are designed to provide specific strategies to raise levels of emotional intelligence.

## EQi 2.0 Assessment - Individual

The EQi 2.0 Emotional Intelligence assessment can help your employees gain knowledge of and improve their emotional intelligence skills to become a more successful in their workplace.



The EQi-2.0 assessment is composed of 5 composite areas and further 15 sub scales of emotional intelligence that are measured. The assessment is multiple choice and takes around 20 minutes to complete. Once complete, the results are automatically generated in a detailed report that the certified test administer will provide and interpret with the test taker individually for a 60 minute telephone debriefing with your EQi 2.0 certified trainer.

## 360 Assessment



The EQ 360 assessment gives the employee a more in-depth analysis including information provided by other people who the employee works with or around. Observer ratings are compared with the results of an EQ-i 2.0 self-report and a 360 degree profile is revealed.

The EQ 360 identifies key employee strengths that can be leveraged to the benefit of the organization, as well as impediments to high performance that could be improved.





Victoria Smith, MS  
Managing Director

**Victoria Smith** is an expert in emotional intelligence. For over twelve years Victoria has been helping Fortune 500 businesses develop their employees and elevate their career through Emotional Intelligence skill building and Leadership training. Her expertise in training focuses on helping employees discover

and utilize their Emotional Intelligence. She assists employees in building employee skills on Emotional Intelligence in interactions with themselves, their bosses, colleagues, clients and customers.

For nearly two decades Victoria held hospitality management positions at three and four star hotel properties. She has been in front of a wide variety of audiences across the United States from one on one coaching sessions to day long training programs with 125 attendees. As a facilitator/trainer for the past 12 years, she passes along valuable strategies that improve workplace relationships, develop a more positive team atmosphere and promote overall personal success in the workplace.

She holds a masters of counseling degree from Texas A&M University, several professional certifications including the credentials to administer the most widely used emotional intelligence test EQi 2.0 and 360 assessment. She holds a training certification from Marriott International and is an associate member of the American Psychological Association.



## RisingEQ, LLC<sup>®</sup>

Contact us for costs to present an interactive inspirational workshop with or without assessments at your organization.

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