

# **BOOSTING CULTURE & PERFORMANCE THROUGH EMOTIONAL INTELLIGENCE**

A Stress Relieving Discussion

As Told By Rich Bracken



**When awareness is  
brought to an emotion,  
power is brought to  
your life.**

Tara Meyer Robson

# How you will get better...

01

Understand how EQ works in various situations

02

Learn how to increase your EQ to become a better person & professional

03

Take control of your life, your relationships & your happiness

# WHAT IS EQ?

A group of dancers in black leotards performing on a stage with dramatic lighting. The dancers are in various poses, with some having their arms raised and legs extended. The background is dark, and the lighting is focused on the dancers, creating a sense of movement and grace.

Navigating your emotions, and those of others,  
to live a better personal and professional life.

# CORE ELEMENTS OF EQ

## SELF-AWARENESS

How am I feeling?

## SOCIAL AWARENESS

How are you feeling?

## SELF-MANAGEMENT

How am I reacting?

## RELATIONSHIP MANAGEMENT

How are we doing together?

**58%**

The amount of responsibility emotional intelligence has for your performance

**90%**

**90%** of top performers have a high EQ

**70%**

More than **70%** of an employee's view of the company culture comes directly from the leader's emotional intelligence

**20%**

Companies with emotionally intelligent leaders outperform their goals/targets by nearly **20%**



# TRIGGERS

People, words, places, situations and more can all be triggers.

# EQ IN ACTION

# SELF-AWARENESS

## Issue

Battling the daily roller coaster of emotions with no control

## Exercise

Daily reflection or journaling to identify emotional triggers & responses

## Outcome

Identification of emotional vulnerabilities & retraining responses

# SELF-MANAGEMENT

## Issue

Experiencing  
burnout and  
undue stress

## Exercise

Permission for  
self-care &  
boundaries

## Outcome

Reduced stress  
& increased  
control of life

# SOCIAL AWARENESS



## Issue

Lower than desired connection impact with clients & team

## Exercise

Practicing active listening for connection & solution opportunities

## Outcome

Higher engagement, loyalty, & satisfaction

# RELATIONSHIP MANAGEMENT



## Issue

Low trust  
and/or  
engagement

## Exercise

Practice giving,  
not taking

## Outcome

Better  
relationships &  
stronger trust

A hand holding a globe with a sunset background. The globe is the central focus, showing a sunset scene with a bright sun low on the horizon over a body of water. The background is a blurred sunset sky with warm orange and yellow tones. The text is overlaid in white, bold, sans-serif font.

**BELIEFS AND HABITS  
OF  
EMOTIONALLY INTELLIGENT  
LEADERS**

# **HABITS & PERSONALITY**

**Passionate**

**Port in the Storm**

**Consistent**

**Empathetic**

**Create a Sense of Purpose**

**Accountable & Involved**

**Approachable**

**Self-Aware**

**Respect the Time of Others**

# **BELIEFS**

**Growth Should Be Encouraged, Not Feared**

**Employees Are Not Subordinates**

**Diversity, Not Like-Mindedness Bears Fruit**

**Motivation Comes From Inspiration, Not Agony**

**Knowledge Should Be Constantly Pursued**

**Change is an Opportunity, Not a Curse**

A stack of smooth, dark stones is balanced on a beach. The stones are stacked in a vertical column, with the top stone being the smallest and the bottom stone being the largest. The background shows a calm ocean and a clear blue sky. The text "HOW TO MANAGE YOUR EQ" is overlaid in white, bold, sans-serif font across the center of the image.

# HOW TO MANAGE YOUR EQ

# INCREASE YOUR EQ AT WORK



Block time on your calendar for transition  
Explain your decision making  
Take feedback more positively  
Set time for problem solving  
Actively listen (especially in virtual)

# INCREASE YOUR EQ ANYTIME



Give gratitude  
Meditation  
“How Are You” Exercise  
Music  
Sleep  
Exercise  
Exercise empathy  
Respect your emotions  
Breathe before speaking

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