



SOUNDTRACK FOR SUCCESS

How to Become the DJ of Your Life

Performed By Rich Bracken





Emotional Intelligence

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





Self-Awareness

Self-Management

Social Awareness

Relationship Management



58%

of job performance is
influenced by
emotional intelligence.

70%

of an employee's view of company culture comes directly from the leaders' emotional intelligence.

76%

More
engagement



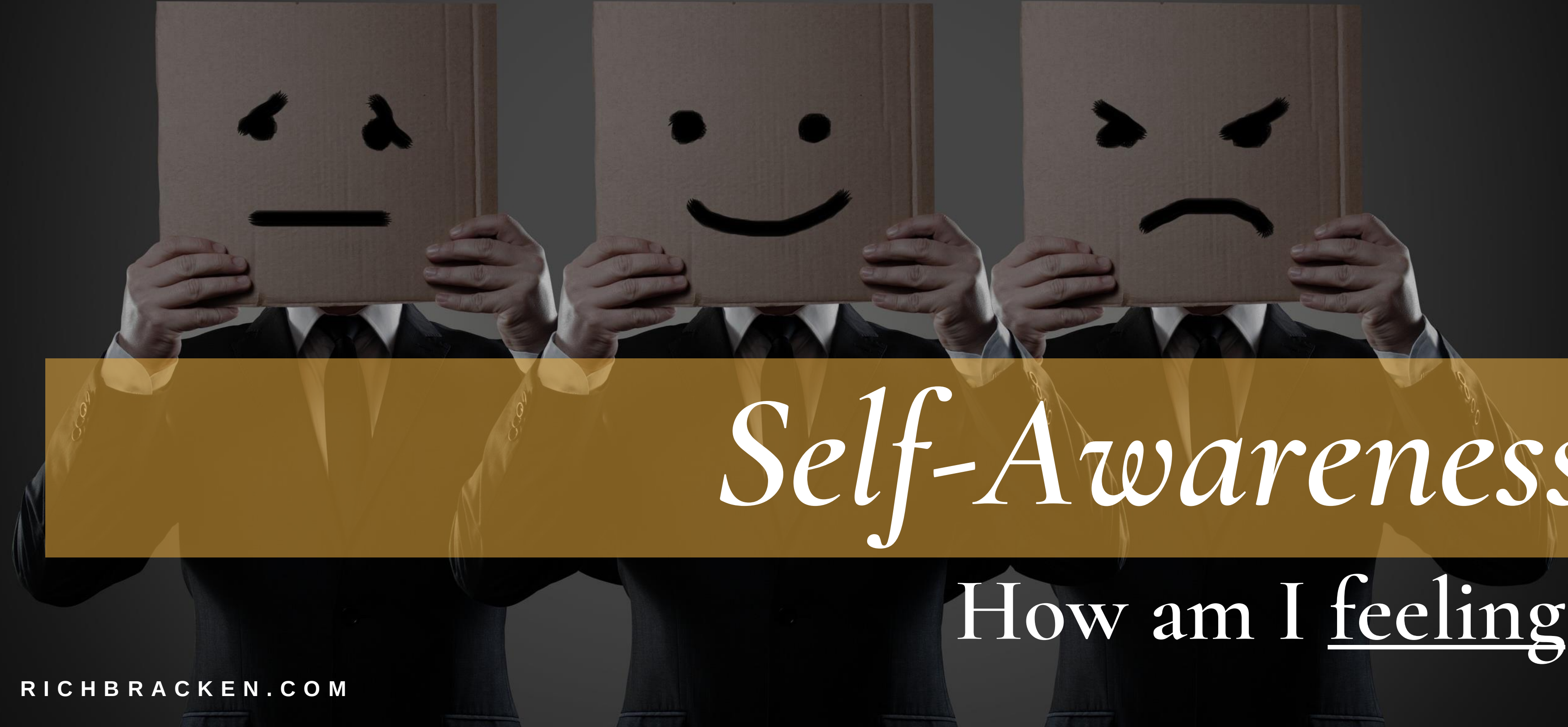
61%

More
creativity



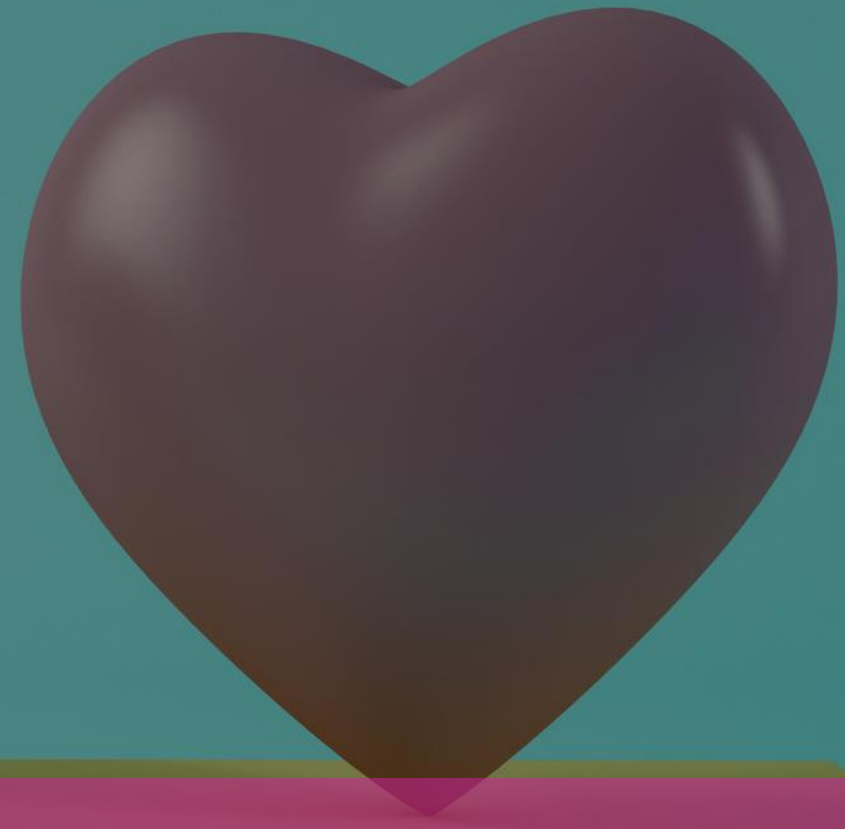
22X

Higher company performance
when emotional intelligence
is a stated priority.



Self-Awareness

How am I feeling?



Self-Management

How am I reacting?



Social Awareness

How are you feeling?



Empathy

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Relationship Management

How are we doing together?



Increasing Emotional Intelligence

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*Time & Priority
Management*



Boundaries

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Routine



*“Adult
Passing
Period”*



Self-Care

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A silhouette of a person standing on a grassy hill, raising their right arm in a gesture of triumph or achievement. The background is a dramatic sunset sky with warm orange and yellow tones and scattered clouds. The text 'Self-Belief' is written in a white, elegant script font across the bottom right of the image, overlaid on a dark blue horizontal band.

Self-Belief





LET'S CHAT

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