



# EQ-i 2.0

assess. predict. perform.

with **EMILY GOLDEN, PCC AND ACCC**

## Key Components

EQ-i 2.0 supports your leaders in....

- How they perceive themselves
- Expressing themselves more
- Connecting at a personal level
- Improving decision making
- Managing stress better



*Make your emotions work for you at work.*

### What does EQ-i 2.0® stand for?

The EQ-i 2.0 is a globally renowned psychometric assessment measuring emotional intelligence (EQ) and the interaction between a person and his or her environment. It consists of 133 questions that explore 16 elements of emotional well-being that have been proven to contribute to your success in both your professional and personal life.

EQ-i 2.0 is successfully used for:

- ✓ Talent identification and selection
- ✓ Talent-management accuracy
- ✓ Leadership development
- ✓ Team building

### So, what's EQ?

Emotional Intelligence (EI) is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way.

Emily Golden is certified to administer:

- ✓ EQ-i 2.0® Workplace Report
- ✓ EQ-i 2.0® Leadership Report
- ✓ EQ-i 2.0® Higher Education Report
- ✓ EQ-i 360® Reports (Workplace and Leadership)

### Why does EQ matter for my organization?

Emotional Intelligence is proven to be a key indicator of human performance and development. People higher in EI communicate effectively, form strong relationships, and create powerful coping strategies. EI can be measured – more accessibly and less controversially than IQ – and unlike IQ, it can be substantially strengthened and developed.

## How does EQ impact ROI?

EQ-i increases the bottom line by developing core competencies in leaders like authenticity, insight, coaching and innovation.

Research links EQ-i to higher sales and profits, increased performance, improved customer satisfaction, decreased attrition rates and reduction in training costs.

2x the power

EQ has twice the power of IQ to predict performance. EQ is also a better predictor than employee skill, knowledge, or expertise.

More influence

Leaders with self-awareness and emotional self-control are better able to influence others and cultivate effective relationships.

90% of top performers

90% of top-performers have EQ rated "good" or above.

Sound like something you or your organization can benefit from?

Contact Certified Professional Coach, Emily Golden.

+ 1 (917) 763-4262  
Emily@Golden-Resources.com  
www.Golden-Resources.com

### What's the difference between EQ-i 2.0® and EQ-i 360® Reports?

EQ 360® Reports provide in-depth analyses by having those who work with your client and know your client personally provide feedback in addition to your client's self-assessment.

Allowing for unlimited raters (Managers, Peers, Direct Reports, Friends and Family), these observer ratings are compared with the self assessment in order to provide your client with a 360 degree view of his or her effectiveness.