IQ is the academic stuff. It’s your ability to take what you learn in a book and apply it. It’s math. It’s vocabulary. It’s using logical reasoning, abstract thinking, and all those things that make you “smart.”

IQ is often described as book smarts

EQ is the emotional connection stuff. It’s knowing what makes you (yes, you!) tick and how that influences your behavior, your life, your work, and the people around you. It’s your social savvy.

EQ could be described as street smarts.

Why should I invest in my Emotional Intelligence (EQ)?

Unlocking your Emotional Intelligence skills is like uncovering a hidden superpower. Imagine a sort of x-ray vision—a magical ability to see the connection between your emotions and your behavior, and how that’s affecting your life. When you understand the impact of your emotions, you’ll see beyond your obstacles, make better decisions, build stronger relationships, and climb higher.

How is Emotional Intelligence (EQ) different from "regular" Intelligence (IQ)?

IQ GETS YOU IN THE DOOR. EQ KEEPS YOU THERE.

Why does my EQ matter so much at work?

While your technical skills, expensive diploma(s), and experience probably got you the job … along with the appropriate lingo and knowledge to perform the functions required (blah blah blah) … it’s your knack for EQ that has the potential to springboard you to the NEXT LEVEL. That intangible emotional genius will set you apart because you’re always a step ahead, understanding real world benefits and consequences for how you think, what you do, and how you deal with people. It’s why building your EQ can be your best continuing education investment.

How does Emotional Intelligence impact my performance at work?

Have you ever worked with a colleague who just won’t commit to the team? … Or drowned in a project that goes nowhere despite ridiculous time and effort (and banging of heads on the wall)? Do you ever find you can’t focus because … well … you’ve been triggered by something somebody said in a meeting?

You need EQ help … stat!

And no surprise here: Issues like these extend beyond the workplace. Whether you’re swiveling in your Aeron chair in the corner office or on the couch at home with your partner, knowing what’s behind your emotions AND learning to manage them will be life changing.

People with a Higher EQ:

- play well with others
- have empathy
- take initiative
- use practical thinking for problem solving
- manage their emotions to influence people in a good way
How can I grow my Emotional Intelligence?

**YOUR FIRST STEP IS THE EQ-I 2.0 ASSESSMENT.**

The EQ-i 2.0 identifies the areas at play in your Emotional Intelligence. It’s not like other assessments you’ve probably taken. It’s got science backing it up. Your assessment provides a baseline to build on ... Not only will it assess your current skills, it provides a road map for you to focus your efforts. And that’s when the magic starts to happen. Poof!

What exactly will my EQ-i 2.0 assessment measure?

The EQ-i 2.0 assessment covers five key areas with 15 subscales:

- **Self-Perception**
  - Self-Regard
  - Self-Actualization
  - Emotional Self-Awareness
- **Self-Expression**
  - Emotional Expression
  - Assertiveness
  - Independence
- **Interpersonal**
  - Interpersonal Relationships
  - Empathy
  - Social Responsibility
- **Decision Making**
  - Problem Solving
  - Reality Testing
  - Impulse Control
- **Stress Management**
  - Flexibility
  - Stress Tolerance
  - Optimism

Your EQ-i 2.0 Report provides:

- your individual scores for the 5 composites and 15 subscales
- an overview of your Well-Being Indicator
- a page for each of the 15 subscales dedicated to what your score means: the Impact at Work, Strategies for Action, and How to Balance Your EQ
- an Action Plan to be developed with your coach

The best part about EQ?

You can grow it.
KickStart Your Edge is a revolutionary, straightforward, disruptive organization focused on helping individuals, teams, and organizations get from where they are to where they want to be.

KickStart Your Edge uses an innovative, sustainable framework, helping people get out of the middle and start to live a more purposeful, impactful, and focused life.

The KickStart Your Edge coaches are professional certified coaches who have been trained in the art and science of coaching through the ICF accredited Get REAL: Leadership Coach Training Program.

Coaching is a partnership created with the goal of getting a person from where they are to where they want to be. Your coach will help you build awareness to:

- change perspectives
- empower choices
- take charge of your life
- identify your obstacles

Is my Emotional Intelligence assessment process confidential?
Yes, you will complete the assessment online, then have a private conversation about the results of the assessment in your debrief with your certified coach. Nothing about your assessment will be shared.

What can I work on with my coach?
You can work on any area of your life ... no topic is off limits.

What if my coach and I are not a good match?
Just email us at karen@kickstartyouredge.com and we can reassign you a coach.

Who is KickStart Your Edge?
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Who can I talk to find out more information?
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