

Transform your workplace well-being with emotional intelligence.

The Challenge:

Today's workplaces are facing a well-being crisis, including these significant challenges:

- High levels of stress and burnout
- Disengaged employees
- Leadership gaps and low morale
- High turnover and absenteeism
- Quiet-Quitting
- Decreased productivity and innovation

These challenges directly impact your organization's bottom line and long-term success.

The Solution: Emotional Intelligence (EQ)

Research shows that emotional intelligence (EQ) is a key driver of individual and organizational success. It also shows that individuals and teams with high EQ demonstrate stronger leadership, improved communication and collaboration, effective conflict resolution, greater resilience and stress management, increased innovation and creativity, and are more engaged, leading to improved performance and a more positive workplace culture.

What is Emotional Intelligence (EQ)?

EQ is the ability to understand, use, and manage your emotions in positive ways to achieve your goals, communicate effectively, empathize with others, overcome challenges, and defuse conflict.

The Benefits:

- **Increased Engagement:** Empowered employees who are passionate and committed to their work.
- **Reduced Stress & Burnout:** Resilient individuals who can manage challenges and avoid burnout.
- **Improved Leadership:** Emotionally intelligent leaders who inspire, motivate, and connect with their teams.
- **Enhanced Collaboration:** Teams that communicate effectively, resolve conflict constructively, and work together towards shared goals.
- **Increased Productivity & Innovation:** A positive workplace culture that fosters creativity, innovation, and high performance.

The EQ-i 2.0 Model



EQ-i 2.0: Gain a deeper understanding of your emotional intelligence and transform your personal and professional life.

Our proven methodology empowers individuals and organizations to cultivate emotional intelligence and transform their workplaces:

1. **EXPLORE:** Uncover your EQ strengths and challenges through the EQ-i 2.0 assessment. Gain personalized insights to guide your growth.
2. **EXPAND:** Enhance your EQ skills through personalized coaching, engaging workshops, and customized solutions tailored to your specific needs.
3. **EXCEL:** Implement strategies for sustained behavior change, integrate EQ principles into your workplace culture, and achieve lasting results.

Our Solutions:

- **EQ-i 2.0 Assessments:** For individuals, teams, and leaders.
- **Personalized Coaching:** One-on-one or group sessions to create customized development plans.
- **Interactive Workshops:** On harnessing EQ, leading with EQ, navigating change with EQ, mastering EQ and building emotional resilience in the workplace, and more.
- **Customized Solutions:** Programs designed to meet your organization's unique needs.

What the EQ-i 2.0 Delivers:

- **Comprehensive Profile:** Discover your overall EQ score and how you rank in 15 key competencies, including self-perception, self-expression, interpersonal skills, decision-making, and stress management.
- **Personalized Insights:** Receive a detailed report with actionable recommendations for leveraging your strengths and addressing areas for improvement.
- **Targeted Development:** Create a customized plan to enhance emotional intelligence and achieve personal and professional goals.

Who Can Benefit:

- **Higher-Education Students:** Seeking to improve their self-awareness, relationships, and overall well-being.
- **Professionals and Leaders:** Looking to advance their careers, enhance their leadership skills, or navigate workplace challenges more effectively.
- **Teams:** Aiming to improve communication, collaboration, and create a more positive and productive work environment.
- **Organizations:** Wanting to develop emotionally intelligent leaders and build a thriving company culture.

Take the Next Step:

Unlock your potential with the EQ-i 2.0 assessment. Learn more at <https://mindfulspaces.org/> and schedule a consultation today or contact **Laci Gatewood, MHA, M.C.P.C., ACC, EQ-i 2.0/360** at **312.585.5852** / laci.gatewood@mindfulspaces.org to learn more about how this powerful tool can transform your life and your organization.

Implementing your transformation.

The EQ-i 2.0/360 is a journey, not a destination. We partner with you every step of the way to ensure a seamless and impactful implementation:

Phase 1: Assessment and Planning

- **Assessment:** We conduct an assessment to help us understand your organization's specific needs and tailor our program to best support your goals.
- **Goal Setting:** Collaboratively define measurable goals for the initiative, aligning them with your strategic objectives.
- **Customized Plan:** Develop a tailored implementation plan outlining the specific services, timeline, and resources required.

Phase 2: Launch and Engagement

- **Communication:** Introduce the EQ-i program to your leaders and employees through engaging communication channels (e.g., emails, presentations, town halls).
- **EQ-i 2.0/360 Assessments:** Administer assessments to professionals, leaders, teams, or the entire organization, depending on your chosen program.
- **Debrief Sessions:** Provide personalized feedback sessions to help individuals understand their EQ results and create development plans.

Phase 3: Development and Training

- **Coaching:** Offer individual or group coaching sessions to support employees in developing their EQ skills.
- **Workshops:** Facilitate engaging workshops on key EQ topics, such as communication, conflict resolution, stress management, and leadership.
- **Customized Programs:** Implement tailored training programs to address specific organizational challenges or needs.

Phase 4: Integration and Sustainability

- **Embed EQ into the Culture:** Integrate EQ principles into your daily operations, performance reviews, and leadership development programs.
- **Measure and Track Progress:** Regularly assess progress toward your goals and make adjustments as needed.
- **Ongoing Support:** Provide resources, tools, and support to sustain the momentum of the initiative.

Timeline:

- The duration of implementation will vary depending on the size of your organization and the scope.
- We recommend a phased approach to ensure maximum engagement and sustainable results.

We are committed to your success and will work closely with your organization to ensure a smooth and impactful implementation that delivers lasting value to your organization.

Frequently asked questions (FAQs).

Q: How is EQ-i 2.0 different from other emotional intelligence assessments?

A: The EQ-i 2.0/360 is a scientifically validated tool with decades of research backing its reliability and effectiveness. It provides a comprehensive assessment of 15 distinct EQ competencies, offering a more nuanced understanding of individual and team strengths and areas for development. Additionally, the EQ-i 2.0 is not just an assessment – it's the foundation for personalized coaching and development programs tailored to your specific needs.

Q: How long does the assessment take?

A: The EQ-i 2.0 assessment typically takes about 20-30 minutes to complete online.

Q: Is the assessment suitable for both individuals and teams?

A: Absolutely! EQ-i 2.0 can be administered to individuals, teams, and even entire organizations. We offer customized reports and interventions tailored to the specific needs of each group.

Q: What return on investment (ROI) can be expected from implementing the EQ-i 2.0/360 program?

A: Organizations that invest in emotional intelligence see significant returns in the form of:

- Increased employee engagement and productivity
- Reduced turnover and absenteeism
- Improved leadership effectiveness
- Enhanced communication and collaboration
- Stronger decision-making and problem-solving
- More positive and resilient workplace culture

While the exact ROI varies depending on your specific goals and implementation, research consistently shows a positive correlation between emotional intelligence and organizational performance.

Q: What type of support do you offer after the assessment?

A: We provide comprehensive support, including personalized coaching, group workshops, and customized training programs. Our goal is to empower your people with the skills and strategies they need to apply their EQ insights in real-world situations.

Q: How long does the Mindful Spaces Initiative typically take to implement?

A: The timeline for implementation depends on the scope of your program and the number of participants. We'll work closely with you to develop a customized plan that fits your timeline and budget.

Q: How do we get started?

A: To schedule a consultation today, contact **Laci Gatewood, MHA, M.C.P.C., ACC, EQ-i 2.0/360** at **312.585.5852** / laci.gatewood@mindfulspaces.org to learn more about how this powerful tool can transform your life and your organization. Learn more at <https://mindfulspaces.org/>.

What our clients say.

Anonymous, Non-Profit

"As an Executive Leader, I've always considered myself an empathetic leader with a deep sense of responsibility towards my team, which I scored extremely high in. However, the assessment revealed a blind spot: my struggles with stress tolerance and interpersonal relationships. I uncovered that my low scores in stress tolerance and interpersonal relationships were due to challenging interactions with some of my colleagues. In addition, leading through a toxic work environment had taken a toll, leaving me overwhelmed, reactive, and withdrawn, inadvertently contributing to the very issues I was trying to solve. Coaching helped with perspective shifting, developing tools to manage stress, and navigating difficult relationships to improve my mental and emotional well-being."

David, Founder, Tech Startup

"Taking the EQ-i 2.0 assessment was a real eye-opener for me. It revealed blind spots in my self-awareness that I hadn't fully recognized. Through coaching, I gained a deeper understanding of my emotional triggers and how they impact my behavior. This self-awareness has been invaluable for my personal and professional growth."

Jessica, Senior HR Manager, Healthcare Organization

"My interpersonal skills score was strong, but the assessment also identified areas where I could improve, particularly around emotional expression. Through coaching, I learned to approach difficult conversations with more curiosity and empathy. I feel that this will significantly improve my relationships with colleagues and lead to more positive outcomes."

Michael, Project Manager, Engineering Firm

"I always prided myself on being decisive and results-oriented. My EQ-i 2.0 assessment validated that strength but also highlighted a lower score in empathy. Through coaching, I learned to better understand the impact of my decisions on others and how to communicate more empathetically. This is transforming my relationships with my team, leading to greater trust and collaboration."

Maria, HR Director, Healthcare Organization

"My self-perception score on the EQ-i 2.0 was surprisingly low. I tended to doubt my abilities and struggled to voice my opinions. Through coaching, I gained a deeper understanding of my strengths and learned to express myself with more confidence. This has not only helped me feel more effective as a leader, but has also boosted my overall well-being."

Donald, Technical Lead, Hospital

"As a technical lead, my results validated my strengths in stress management, reality testing, and independence, but highlighted areas for growth in assertiveness and self-regard. During my debrief, I realized that I have always advocated for the needs of my team, but not myself so much. Through coaching, I gained valuable self-awareness and tools to set healthy boundaries and express my needs with confidence as I recognize my own value as a leader. This has not only allowed me to manage both technical challenges and interpersonal dynamics with greater confidence but has also improved my overall job satisfaction."