



EQinACTION

INFORMATION

Unlocking potential for optimal performance.



Emotional Intelligence for Sustainable Success

Emotional Intelligence (EQ) is proving to be one of the key drivers of performance. Why?



- Leaders with high EQ engage employees and build a culture of people driven performance.
- EQ is key to profitability, productivity and employee motivation and retention.
- EQ has twice the power of IQ to predict performance.
- EQ is the core of relationships which, particularly in sales, is everything.



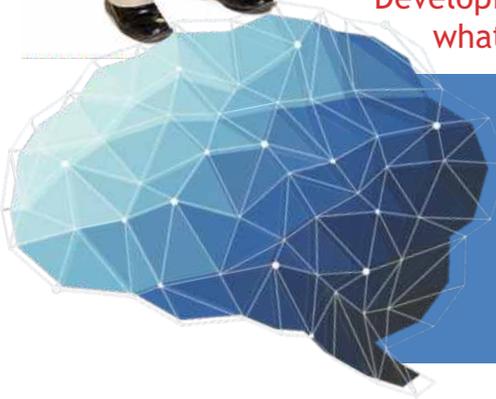
What is Emotional Intelligence (EQ)?

EQ is effectively blending thinking and feeling to make optimal decisions. [Six Seconds]

It is a set of learnable skills which focuses on your ability to effectively use and navigate your own emotions and to increase your awareness of self and others in order to establish high performing relationships and optimize performance.

Emotions drive behaviour.

Developing EQ will help you understand what motivates you and others.



Emotional Intelligence has been recognized as one of the top 10 skills that will be needed in the workplace by 2020.

WHO ARE WE?



At EQ in Action we empower you to make more effective decisions, connect and communicate better and become more effective by increasing EQ. We work closely with our clients to provide awareness and insight to ignite change; leading to greater satisfaction and success both personally and professionally. This is achieved through a combination of conducting EQ or Vital Signs assessments, coaching, consulting and holding workshops that are customized to the needs of each and every client. We are the preferred partner in South Africa for the global world leading organization, Six Seconds, who are dedicated to the development of EQ and offer world class assessments and training together with a worldwide support network of qualified practitioners.



WHAT DO WE DO?

Psychometrics for Adults and Youth

- SEI leadership and development Assessments
- Brain Talent, Brain style and Brain Discovery profiles
- 360 Assessments
- Neural Network Report
- Team Dashboard Assessments

Organizational Assessments

- Leadership Vital Signs Assessments for individuals
- 360 LVS Assessments for Managers
- Team & organisational Vital Signs Assessments

EQ Workshops and Training

- Six Seconds Certification workshops
- Public Workshops
- In house customised workshops
- Management Essential workshops for Developing Human Performance

Team Building Activities and Talks

- Schools, conferences, corporate, wellness days etc.

Consulting and Coaching

- For teams and individuals
- Leadership development

“ It is without any hesitation that I recommend Avril to any industry player who is serious about improving their business performance through staff. Emotional Intelligence in the workplace is becoming more and more important and by partnering with a professional expert like Avril, a business can only be destined for success.” **[D. Naidu, HR Manager, SunCoast Casino]**

“ Avril Kidd of EQinACTION has been used by our organisation since 2013. Her company uses internationally reputable and proven systems that have been very valuable to our organisation. We have not found any other organisation that is equipped to deliver similar products or has her expertise and experience. During the training and coaching processes Avril is able to remain very objective and see past any personal agendas. She is able to highlight the core issues accurately. Her manner, experience and confidence creates a safe and confidential environment that all participants buy into and adhere to. The results she generates are conducive to further individual coaching and development.” **[Tony McEwan, Director, Sea World]**

EQ skills predict 50-60% of variation in performance. In the complex, volatile environment we find ourselves, we have seen the significant impact that developing emotional intelligence skills can have on individuals, families, schools and organizations, leading to better performance, improved satisfaction, increased engagement and greater overall success. As life becomes more complex, we need to develop more skills and emotional intelligence is a highly developable tool!

Partnering with you to unlock performance!

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