



High EQ Leadership

Coaching and Emotional Intelligence Skills for the Modern Leader

Emotional intelligence (EQ) is no longer a soft skill—it's a crucial skill in today's fast-paced and emotionally complex workplace. According to a Gallup report, employees with managers who have high EQ are 4x less likely to leave their jobs. Leaders who can coach, communicate, and connect with empathy gain a clear edge in performance and team engagement. A recent study from National Library of Medicine revealed that leaders with high EQ drive 46% better team performance. This dynamic session equips modern leaders, managers, and supervisors with practical coaching tools and high-EQ strategies to build trust, navigate tough conversations, and develop high-performing teams.

Why This Program Matters

Why is this important? Because leadership isn't one-size-fits-all. Different situations and team dynamics demand unique approaches, and empathetic leaders are better positioned to adapt, support their teams, and drive success. This session will equip you with actionable skills to apply Emotional Intelligence tools effectively, ensuring each team member feels valued and understood in every situation.

Key Takeaways

- * **Tools for Self-Awareness Under Pressure** → Gain simple techniques to identify emotional triggers, manage reactions, and make clearer, calmer decisions in high-stakes situations.
- * **The EQ Advantage** → Learn the Emotional Intelligence strategies that enhances trust, communication, and team performance—turning you into a leader people want to follow.
- * **The Accountability Advantage** → Discover and implement a 5-part accountability model to drive team production and KPIs.
- * **Coaching, not Commanding** → Walk away with practical yet powerful coaching skills to help your team become more resourceful, engaged, and solution-focused.
- * **Ensure Clear Communication** → Make sure communication is accurately being sent and received (in person, over the phone or email) using this time-saving 2-part framework.

This talk is an invaluable resource for leaders seeking to develop adaptable, empathetic, and effective leadership coaching skills.

GEORGE CARROLL

INSPIRING CHANGE, ONE AUDIENCE AT A TIME.

To check George's availability,
complete our inquiry form at: [GCtrainingandcoaching.com](https://www.GCtrainingandcoaching.com)