



## EQ-i® (Emotional Quotient Inventory) Certification

Emotional Intelligence is a body of research and a rich avenue of self-exploration and development that has steadily grown in popularity since introduced in the 1980s. OKA is now proud to offer certification level training of the EQ-i, the most respected self-reporting assessment in the field.

The EQ-i is a 125 question self-assessment that explores the frequency of and role that fifteen different elements of emotional well-being play in your life. Offering you access to this compelling self-assessment (EQ-i), this three day certification course introduces you to a powerful emotional intelligence model, the administration and interpretation of the tool and a number of next steps to take through training or coaching to aid in the emotional awareness and skill development of your participants and clients. As with all OKA classes, the training is fast-paced, experiential, and oriented toward practical application.

The EQ-i, yields standardized (your score compared to the general population) scores on the following scales:

| Intrapersonal Components  | Interpersonal Components   | Stress Management Components  | Adaptability Components   | General Mood Components   |
|---|--|---|---|---|
| <ul style="list-style-type: none"> <li>• Self –Regard</li> <li>• Emotional Self-Awareness</li> <li>• Assertiveness</li> <li>• Independence</li> <li>• Self-Actualization</li> </ul> | <ul style="list-style-type: none"> <li>• Empathy</li> <li>• Social Responsibility</li> <li>• Interpersonal Relationship</li> </ul> | <ul style="list-style-type: none"> <li>• Stress Tolerance</li> <li>• Impulse Control</li> </ul> | <ul style="list-style-type: none"> <li>• Reality Testing</li> <li>• Flexibility</li> <li>• Problem Solving</li> </ul> | <ul style="list-style-type: none"> <li>• Optimism</li> <li>• Happiness</li> </ul> |

### Workshop Objectives:

- Review the history and development of emotional intelligence research and testing
- Learn and explore—through discussion and experiential exercises—the 15 components of the Bar-On EQ-i model
- Take and receive feedback on the EQ-i
- Engage in client case studies using EQ-i data and practice giving client feedback.
- Explore the link between emotional intelligence and other models and tools, including the MBTI assessment
- Receive coaching after the class to both integrate personal learning and/or prepare for using the tools

Price includes extensive workshop binder, EQ tool manuals, all needed testing materials, pre- and post- event coaching sessions, continental breakfasts and refreshments throughout each training day.