

VERVE Social+Emotional Intelligence Group Coaching Sessions

3 hour Group Session Includes: Social+Emotional Intelligence Profile (SEIP) - assesses 26 competencies - one of the most valid and statistically reliable assessments on the market; S+EI overview and group discussion of SEIP results and initiating a personal action plan

Customized Team Sessions: Customized sessions can be created to meet the needs of a group or an organization.



What has become increasingly important to me is to share how to live inspirationally. Inspiration is what gives you the juice you need to live passionate, fulfilling lives. The *ability* to live inspirationally is the foundation to living fully. *Emotional intelligence* enhances your ability to connect with others. The journey to inspirational living is exhilarating, empowering and available to you. The joy in my practice is that it is in sync with my calling to inspire others to fearlessly uncover and live their talented purpose. What would our families, relationships, work-teams and organizations be like if we all were able to do what we were inspired to do and bring our talents to the world? It would be a very different place. My goal is to participate in the inspiration movement and inspire you to live your best life.



VERVE LLC
Life Reinvention Coaching Services

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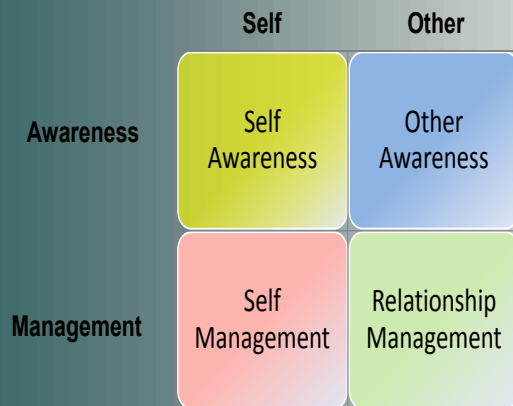
Social+Emotional Intelligence Coaching Programs and Workshops



You have probably heard of “social + emotional intelligence” – and some researchers believe that our success in work and life is driven far more by our **emotional intelligence (EQ)** than by our **cognitive intelligence (IQ)**. And the beautiful thing? While IQ remains pretty much fixed from birth, *EQ can be learned.*

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S+EI Four-Quadrant Model



Social+Emotional Intelligence (S+EI)

Social and emotional intelligence is the ability to be aware of our own emotions and those of others, *in the moment*, and to use that information to manage ourselves and manage our relationships. It is not about just being nice. There's much more to it, including *personal power*, that inner knowing that we can handle what life is throwing at us. It's about *integrity – knowing* – and *choosing* – what's right. It's about building trust AND building bonds. It is about being more effective in our personal and professional relationships. It is about making a difference.

“Emotional intelligence is much more powerful than IQ in determining who emerges as a leader. IQ is a threshold competence. You need it, but it doesn't make you a star. Emotional intelligence can.”

Warren Dennis

Author: *On Becoming a Leader*



Benefits of Social+Emotional Intelligence

In Business—Greater:

- ◆ Productivity
- ◆ Retention of top performers
- ◆ Employee satisfaction and engagement
- ◆ Profitability

In Life—Individuals:

- ◆ Are healthier
- ◆ Live longer
- ◆ Enjoy more satisfactory marriages and relationships
- ◆ Have larger, deeper and more fulfilling social networks
- ◆ More creativity and innovative problem solving
- ◆ Better decision-making

Social+Emotional Intelligence Profile (SEIP)

- ◆ **26 competencies—comprehensive assessment; one of the most valid and statistically reliable assessments on the market**
- ◆ **Available in self-scoring versions and 360**
- ◆ **Adult, Youth and Work versions**
- ◆ **Includes development activities to build S+EI capabilities**
- ◆ **Excellent foundation for comprehensive coaching**

VERVE Social+Emotional Intelligence (S+EI) Individual Coaching

Power Hour Package

Includes: Social+Emotional Intelligence Profile (SEIP) and Power Hour debrief – comprehensive one-hour S+EI coaching and action planning session.

Cost: \$225

Power Plus Package (3-month coaching program)

Includes: Social+Emotional Intelligence Profile (SEIP), *3 month* coaching program – comprehensive debrief of the assessment, detailed development of your personal action plan and follow-up coaching sessions to monitor progress, address barriers and expand S+EI capabilities.

*Cost: \$1300 *Payment plans available*

S+EI Extension Package (6 month coaching program)

Includes: Social+Emotional Intelligence Profile, *6 month* coaching program – comprehensive debrief of the assessment, detailed development of your personal action plan and follow-up coaching sessions to monitor progress, address barriers and expand S+EI capabilities. The extended program allows for an extensive exploration in the development of the 26 S+EI capabilities.

*Cost: \$2600 *Payment plans available*