



EMOTIONAL QUOTIENT/ INTELLECTUAL QUOTIENT (EQ/IQ)

EQ is the ability to inspire, to motivate, to emotionally connect. It doesn't matter that your science of achievement is stellar if your emotional quotient is debilitated. You can assemble all the success you want, but it won't feel good. As you become more connected to the emotional context of the tools you're learning in this Coaching System, not only do you feel good, but you're enhancing your ability to succeed. Emotional intensity wasn't a foreign language when you were four, so remember who you were then – and design yourself to be who you want to be now!

Do you believe you would score higher on an EQ or an IQ scale? Why or why not? Do you agree that fluency in both is crucial to your success? Why or why not?

If you were to strengthen your EQ attributes, what would you do? How would you do it? What would you feel? What would you focus on?

If you were to strengthen your IQ attributes, what would you do? How would you do it? What would you feel? What would you focus on?
