

UPSKILL WITH CONFIDENCE

cOgnitiOn

TRAINING & CONSULTANCY

EMOTIONAL INTELLIGENCE



EQ-i 2.0[®]
CERTIFIED 



EQ 360[®]
CERTIFIED 

WHAT IS EMOTIONAL INTELLIGENCE?

The ability to be aware of, understand, control and express one's emotions, handling interpersonal relationships empathically and with sound objective judgement



WHO IS EMOTIONAL INTELLIGENCE FOR?

The simple answer is **EVERBODY!**

It doesn't matter who you are, learning more about yourself through the use of Emotional Intelligence will bring greater success to your life.

"Emotional intelligence is the key to both personal and professional success"



BENEFITS OF EMOTIONAL INTELLIGENCE

You can continue to increase your EI throughout your life. That being said, the sooner you can start thinking about your EI journey the more you will prosper, in both your work life and personal life.

- Increase your wellbeing and how you value yourself
- Greater impulse control
- Increase stress tolerance
- Help deal with change
- Better teamwork
- Better decision making
- Prosperous relationships

WHO CAN BENEFIT

Firstly, it is crucial to get under skin of what emotional intelligence is, and what it isn't. It is not a concept which is preserved for only those who want to talk about emotions. It is also not just for academics. Indeed, we believe the people who can learn the most are those who are not academic and those who are don't talk about emotions! It truly is for everybody, regardless of what you do for work, if indeed you do work.

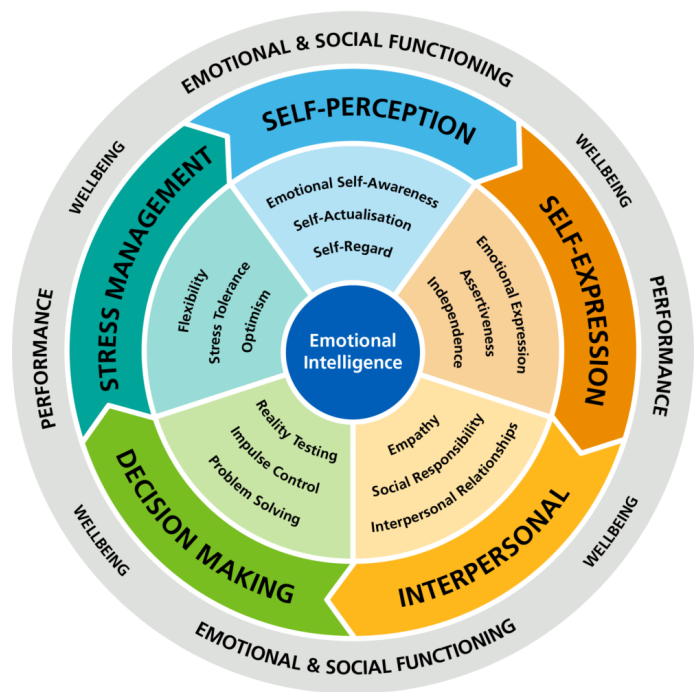


THE EQ-i 2.0 MODEL

The EQ-i 2.0 model is based around 5 areas, each with sub-categories. The assessment analyses in depth, how the user scales with regards to these areas. Being scientifically proven one can have faith and trust that the model will be able to fully understand where you are at.

MENTORING SESSION

To support the scientifically proven model you will not just receive feedback in real terms on the analysis but a forward-looking journey to keep you on the right road to prosper. One of our expert Emotional Intelligence qualified practitioners will facilitate this.



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WHY CHOOSE THE EQ-i 2.0?

The EQ-i 2.0 is the world's leading emotional intelligence assessment tool. It is recognised as the gold standard for assessing emotional intelligence as it is the first and best scientifically proven assessment tool.

The EQ-i 2.0 provides clients with a detailed analysis of their emotional intelligence, in line with the model, along with advice on strengths and areas for development.

"Whatever the mind can conceive and believe, the mind can achieve"
Napoleon Hill (American Self Help Author)

HOW DO I GET TESTED?

We don't like to think of the assessment as a test, simply because there is never a pass or fail.

There will always be strengths and developmental areas.

The assessment is taken online and typically takes about 30 minutes to complete. Following this the report is completed and reviewed by a qualified practitioner. The confidential feedback session is then arranged for a mutually convenient time.



WHY GET ASSESSED

- Identify Strengths and Development Areas
- Increase your Own Mindfulness
- Greater Career Prospects
- Better relationships



WHY EQ- i 2.0

- Scientifically Validated
- The Gold Standard
- Most widely used
- Best Value



WHY COGNITION

- Trusted British Training Company
- Fully qualified EQ-I 2.0 Practitioners
- Smart Goal Map with session
- Value for Money

YOUR EMOTIONAL INTELLIGENCE JOURNEY



PRICE

We believe that learning about one's own emotional intelligence is one of the most powerful things you could do in your life. The value it brings your life is tangible and you will see a difference. For an all-inclusive price of £249 you will receive your online assessment and first 1:1 virtual feedback and mentoring session, including your SMART goal map.

Contact us today at info@cognitiontraining.uk to arrange your Emotional Intelligence journey. We are always happy to answer any questions you may have, and we look forward to hearing from you.

ACTION



Gregg Binding BSc(Hons)
EQ-i 2.0 Qualified Practitioner