



**COLLABORATIVE
Growth®**

Connecting People, Purpose & Productivity!

Best Practices for EQ Results

- Marcia Hughes, President, Collaborative Growth

The beauty of working with emotional intelligence is that it is based on emotional and social competencies or skills which you can improve if you are motivated to embrace the improvement! The 10 key steps to claiming that new power for yourself are:

1. Learn about a new approach – something catches your attention about a new possibility.
2. Recognize the value for you – find your WIIFM – what's in it for me?
3. Form your intention to embrace this new potential.
4. Commit to pay attention to the steps so you will own this power.
5. Assess your skills – recognize your current strengths and challenges so you can know what specifically to improve.
6. Focus on one or two skills or competencies at the most.
7. Apply / Practice!
8. Receive feedback from others and apply your own reflective self awareness.
9. Fine-tune and practice.
10. Enjoy! Reap the benefits!