

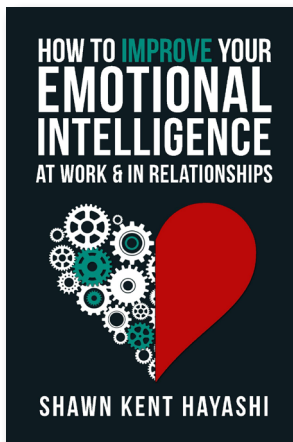
INVITATION TO Create Our Own EQ Circle!



TOGETHER, LET'S APPLY THE LEARNING FROM:

How to Improve Your Emotional Intelligence at Work & in Relationships

BY SHAWN KENT HAYASHI



OUR GUIDE

What if *one* book could reveal to you how to find happiness, conquer fear, build stronger relationships, and create a life filled with purpose and passion – would you read it?

Best-selling author Shawn Kent Hayashi wrote the book! *How to Improve Your Emotional Intelligence at Work & in Relationships* is the step-by-step guide to raise your emotional intelligence quotient (EQ) – the key to living more joyfully and working with more passion.

Through clear, encouraging coaching, Shawn – an emotional intelligence expert and executive coach – deconstructs how to raise your EQ and makes mastery possible. Real life stories, hands-on exercises, and an integrated journal launch you from passive learning to active practice – fast!

How to Create Our EQ Circle:

- Start by choosing 4 - 6 people with whom we'd like to have outstanding relationships based on trust and respect. These can be co-workers, family members, friends - whomever we would like to join us in a journey of self-discovery and self-mastery!
- Agree to meet 5 times and focus on one chapter in the book per meeting and to complete all journaling associated with the chapter.
- Meet somewhere comfortable where we can talk openly and share our stories and experiences.
- Download and use the questions in the [EQ Circle Discussion Guide](#) to lead our conversation, or use the guide in the back of the book.
- Complete the activities, then write about our own experiences and share our learning with our discussion group. We will grow! We will build new skills that will last our lifetime, be useful where ever we go, and transform our lives and relationships for the better.
- Repeat! As you benefit from this EQ Circle, invite more people and create a new group! Keep the learning going for yourself and others! Watch your relationships thrive!

Will you join me in creating an EQ Circle?

With this Book & Our EQ Circle

You Will Gain these Vital Tools:

- The life-changing questions to ask yourself when you're feeling fear or anger and want to create lasting positive change in your life
- The fastest way to stop emotional hijacks from damaging your relationships and career
- The secret to developing self-awareness
- The best techniques to self-regulate through negative emotions
- The truth about your "emotional wake" and the steps to strengthen your relationships with awareness, empathy, and social skills
- The simple but powerful habits that will enable you to spark joy, create more hope, passion, and love – and inspire others!

Part coach, part journal, we will use this practical guide to create our path to professional success and personal growth. Let's get ready to thrive!

About the Author

Shawn Kent Hayashi is the founder and CEO of The Professional Development Group LLC, Executive-in-Residence for the Lehigh University MBA Program, and a global expert in developing collaboration and high performing teams.

Shawn is a dynamic speaker and executive coach with deep experience working in entrepreneurial companies, Fortune 500, and associations around the globe. Her practical strategies, anecdotes and real world solutions are highly relevant in business today. Shawn delivers keynotes and unforgettable presentations customized to conferences or corporate meetings.

Shawn's TEDx talk on The Future of Talent@Work presented her optimistic view of coming changes to the workplace.

As an executive coach and high performing team consultant, Shawn facilitates growth in leadership ability, emotional intelligence, communication skills, stronger relationships and teams, and effective presentations. She guides leaders to achieve positive, lasting changes in behavior – for themselves, their people and their teams.

She is also the best-selling author of the Conversations Trilogy: *Conversations for Change*, *Conversations for Creating Star Performers*, and *Conversations That Get Results and Inspire Collaboration*.

Shawn earned an M.S. in Organization Dynamics from the University of Pennsylvania.

Learn more at www.YourTalentAtWork.com.