

EQi Development Plan

Considering what we have covered today, which three EQi factors stand out, or resonate with you, the most? Why does each one appeal to you? Briefly describe...

1. _____

2. _____

3. _____

Of these three factors, choose *one* that you commit yourself to developing into a real strength. How will developing this into a strength help you in your future relationships and as a leader?

New Emotional Intelligence Factor I will Develop: _____

Developing this into a strength will help me in the following ways:

Actions: What specific actions will you take to develop this into a strength? How will you practice it? How will you get feedback? How will you get support? The more specific you are the more helpful it will be.

What are specific actions I can take?	How will I assess my progress?
How will I maintain my focus?	Who will be my support network?

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Peer Coaching

Pair up with a colleague and share your development plan.

Record what your peer coach tells you in answer to this question: “If this were my goal what are some things I would want to think about?”

Plan to follow up with your peer coach once every two weeks. Determine the actual dates you will connect, including who will initiate.

Check-in #1 _____
(Date & Initiator)

Check-in #2 _____

Check-in #3 _____

