

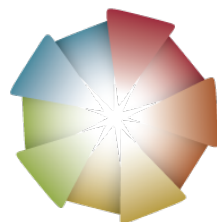


# EQ-i 2.0 & EQ360 Certification

Pre-Post Workshop Actions & Information

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**EQ-i**<sup>2.0</sup>  
**CERTIFIED** 

# 1. Introduction to your certification

A very warm hello from the ei.co team!

Welcome to your EQ-i 2.0 and EQ360 Certification! During your programme, we will be working together to provide a variety of practical, experiential, group and individual work-based activities, which include opportunities to practice feedback in 'real play' situations. We do this to ensure that participants understand the fundamentals of emotional intelligence and how to administer, interpret and provide feedback on EQ-i 2.0 and EQ360 report formats.

We aim to serve and support you as you become certified to use the EQ-i toolset. We hope you enjoy our time together and leave us ready to use the tools! We are confident that you will find your workshop valuable and worthwhile.

Whilst your event will be informal, it will also cover all of the necessary modules to complete your certification and prepare you for the exam. It will be an ideal opportunity to learn together as we all share our knowledge and expertise for everybody's benefit. Please get in touch with me directly if you would like to discuss any aspect of your workshop.

## Certification objectives

At the end of your programme, you will be able to:

- Define emotional intelligence (Ei.) & its importance; both personally & professionally
- Describe the components of the EQ-i 2.0 & the EQ 360, including defining composite scales & sub-scales
- Understand the science behind the EQ-i 2.0 & EQ 360
- Describe best practices around administering & providing feedback on the EQ 360 tools
- Interpret an EQ-i 2.0 & EQ 360 assessment
- Administer the EQ-i 2.0 & EQ 360
- Follow a structured approach to preparing for a feedback session
- Demonstrate the ability to conduct an effective assessment debrief session
- Explain the benefits of Ei. to their client groups
- Describe how Ei. applies to different disciplines
- Identify the ethics of the EQ-i 2.0 & EQ 360
- Identify resources available post-certification
- Assess which report type is appropriate for their client

## 2. Emotional intelligence overview

Emotional intelligence (Ei) is our ability to control how we respond to the events and circumstances around us. A less emotionally intelligent person reacts, a more emotionally intelligent person can choose the most effective response – in essence, express their responsibility. It can be trained, observed and measured. The term “Emotional Intelligence” was conceived by Dr Peter Salovey and John Mayer in 1990 as an identifier for the human capacity to understand and engage in meaningful social interactions. Worldwide research has shown that EI is a significant determinant of success in many occupations and is often more powerful than traditional intelligence.

### Dr Reuven Bar-On

Dr Reuven Bar-On devised a model of Emotional Intelligence to create his Emotional Quotient Inventory (EQ-i) in 1997. This self-assessment pinpoints the traits that allow a person to succeed and those that stand in the way of progress, meaning that the tool is particularly useful in personal and professional development.

### EQ-i 2.0 & EQ 360

The EQ-i 2.0 was launched in 2011 and builds upon the original EQ-i. The EQ-i 2.0 is an excellent leadership development and coaching tool with new items, revised scales, and more precise reports. The EQ 360 assessment provides a more in-depth analysis by gathering information from an individual’s work colleagues, manager and direct reports, resulting in a complete 360-degree profile—critical benefits for leaders, managers and their teams.



## 3. Workshop table of activity & actions

### EQ-i 2.0 & EQ360 Certification - Table of activity, actions & preparation

	Activity	Prep	Time	Action
1	Complete EQ-i 2.0 assessment	Protected time aside	30 mins	Complete online through email link
2	Receive EQi feedback via Zoom	Scheduled in diary	1hr	Scheduled Zoom feedback
3	Read EQ Edge Book	Protected time aside	2-4 hrs	Read whole book or minimum chapters
4	Complete 3x30 minute online modules	Protected time aside	2 hrs total	Log onto learn centre to complete
5	In-class workshop	Scheduled in diary	2 days	Scheduled Zoom or in-person session
6	Exam	Protected time aside	1hr	Log onto learn centre to complete

### Pre-workshop preparation & reading

- 1. Complete your EQ-i 2.0 online assessment; your log-in has been emailed separately.**  
Please let us know if this has not arrived (check your junk or spam folder)
- 2. Receive feedback (Zoom) on your own EQ-i 2.0 results; this call usually takes 60 minutes.**  
The trainer will arrange a time for the call before your workshop
- 3. Complete x3 online modules; separate information will be emailed to you.** Please let us know if this has not arrived (check Spam)
- 4. We recommend that you read the whole EQ Edge book:**  
Alternatively, read chapters 1, 2, 19, 20, 21 and 22 (as a minimum) and any other chapters that take your interest

## 4. EQ-i 2.0 assessment

One key aspect of your EQ-i 2.0 and EQ360 Certification is to experience completing the online assessment and then receiving feedback based on your results. This experiential part is essential for you to empathise with what your clients will experience when they work with you.

### Assessment and feedback information

#### Preparation

Research suggests that it is emotional intelligence that makes a difference to success in work and personal life:

- Please allow 20 - 25 minutes of quiet time to complete the questionnaire in one sitting. Situations of high stress can produce misleading results, e.g. when you are over-tired or very busy
- The EQ-i 2.0 is designed to be completed by you personally, without input from anyone else
- The questionnaire contains 133 items for you to read and score using a 5-point scale. Think about each statement in the context of your whole life, not just work
- Watch out for negative statements which require you to think harder about your response!
- The results will be most beneficial to you if you answer the questions honestly

#### Your results

Your EQ-i 2.0 report will be treated as confidential data at ei.co.

#### What to do

When you receive your administration email inviting you to complete your EQ-i 2.0 online assessment, please complete the following:

1. Open the consent form digitally or print it off
2. Sign and arrange a counter signature for your consent form via scanning and emailing back or digitally signing
3. Read the EQ-i 2.0 info & completion guide (attachment in your EQ-i Invitation email)
4. Schedule 30 minutes of protected (undisturbed) time in your diary and use the link in your email to complete your assessment
5. Arrange your 60-minute feedback conversation in your diary (**before** your workshop)

## 5. Learn centre

### Pre-workshop online module information

You will soon receive an email from [donotreply@wordpress.com](mailto:donotreply@wordpress.com), labelled [admin.mhs.com](mailto:admin.mhs.com), with the email subject: New admin.mhs.com User: [your first initial, surname].

This email shares your username, password and link to access your Learn Centre account.

If your login details have not arrived, please let us know immediately.

Once you have logged onto our **Learn Centre**, please complete the following:

1. You must set up your account **before** logging in for the first time. This involves entering your address, company, etc.
2. After clicking **Save**, you will be logged into the Learn Centre home page
3. To access the online courses, click the **ei. company, EQ-i 2.0 & EQ360 Certification Program** link
4. When you are ready, scroll down to the **Lessons** section. From here, you can select your modules to complete, starting with Module 1 and finishing with Module 3, before the instruction-led session.
5. Once you have accessed and completed a learning module, click **Complete Lesson** before moving to the next. You can return to previously completed modules at any time.
6. Repeat steps 4 and 5 for Modules 2 and 3 - **do not complete anything after Module 3** - then that's it! You will be ready to attend the instructor-led session. Good luck!

**Note:** This is also the page you will return to after attending the instructor-led session to take the final exam online (After your workshop, with the same username and password).

## 6. Senior trainer profile

### Gary Hosey: Senior Facilitator, Certified & Accredited Coach

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Gary lives to serve people in achieving their full potential, both personally and professionally. A trusted advisor, enabling him to support people to answer their most important questions. Using common sense principles he is able to clearly understand their specific requirements. This, in turn, ensures the vital clarity required to focus on what's important for leaders, their teams and ultimately their organisational success.

### Professional Profile

Having 25 years of experience in training, management development and coaching, his numerous roles require flexibility and experience to deliver consistently high-quality results. For 15 years, he has supported many varied senior teams on their journey to higher performance, using a proven approach of facilitated alignment workshops and individual coaching, proving a powerful senior team enabler. Gary has vast experience delivering high-value programmes to over 25% of the Times top 200 national and international organisations.

### Coaching Experience

A personal passion for serving people and teams in pursuing higher performance learning and development. He has extensive experience with leadership, executive and behavioural coaching (certified), and Gary is accredited to use EQ Leadership, EQ-i 2.0, and EQ360 psychometric tools for enhancing emotional intelligence development. Having personally carried out over 7000 1:1 sessions with feedback, he is considered a leader in emotional intelligence and behavioural coaching.

### Qualifications

- Certified Master Coach - Graduate of Applied Coaching and Behavioural Coaching
- ICC Member; International Coaching Council
- Advanced Interpretation EQ-i, EQ360 & EQ Leadership Ei. tools
- EQ-i 2.0 & EQ360 Master Trainer and partner with MHS Inc



# 7. Client feedback

## **Vice President Performance Excellence**

“Having worked with Gary Hosey and ei.co for over ten years in senior team and individual development, coaching and behavioural development. I value their ability to listen carefully to our needs and tailor solutions to meet our requirements.

Their results have helped me build strong, trusting teams with common goals and improved individual and team behaviours, which are critical in achieving and maintaining high performance. Through the EQi tools, we improved personal and team effectiveness, self-awareness and recognition of our impact on others.

Ei.co is a people-focused organisation that works hard to deliver exactly what we want. They are attentive and professional without losing the essential personal touch we need when working in the sensitive area of individual and group behavioural development. In a word, I trust Gary Hosey.”

## **Senior Talent Development Consultant**

“A true professional in the facilitation of emotional intelligence, Gary allowed me to learn at a pace suitable for me and supported my knowledge and needs through my training. He conducted my training with complete professionalism and integrity at all times and because of his skills I passed my exam first time. Highly recommended”

## **Experienced VP Commercial Retail Executive & Consultant**

“Gary is a highly experienced EQi coach and mentor with a highly prized background in Executive-level development. Grounded in the reality of doing business, he is pragmatic, practical, and genuine and uses his EQi experience and wisdom to help individuals grow themselves and profit & lose... Rare indeed”

## **Senior Training Professional**

“Having a vast knowledge of Emotional Intelligence, coupled with Gary’s skills as a coach, becomes apparent as soon as you meet him! Throughout my certification training, he met my needs, immediately understood my learning style and developed my confidence to go out and deliver Emotional Intelligence Coaching. He is an expert with a personable and helpful approach, with the innate ability to ask questions that do not contain the answers, thus getting the most from people.”

## **Director ‘Behavioural Change Agents’**

“Gary’s professionalism and commitment to delivering a first-class certification course has been commendable. His style, passion and domain knowledge made the course engaging and enlightening; the presentations and work packs were clear and instantly actionable. I have no hesitation in recommending Gary and his team to any individual or organisation pursuing the journey for Emotional Intelligence.”