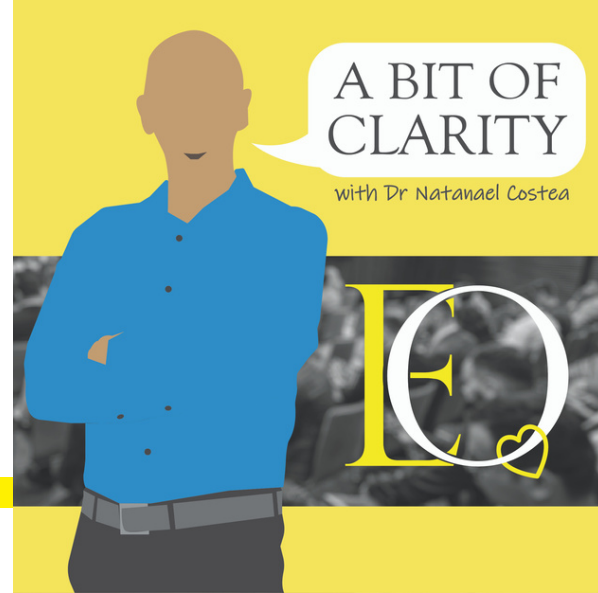


# EP 001

## THE EQ BIT



### SHOW NOTES

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#### OBJECTIVE

- > Develop an understanding of Emotional Intelligence (EQ).
- > Develop an understanding of how self awareness boosts personal growth.

#### UNDERSTANDING EQ

- > The ability to understand emotions and to manage them.
- > Flexible set of skills that can be developed, unlike IQ.
- > Personal development process that helps you get in tune with yourself and others.

#### EQ COMPONENTS

- > Self-Awareness
- > Self-Management
- > Social-Awareness
- > Relationship Management

#### APPLICATION

- > What was your view of EQ before this session?
- > How well are you aware of your emotions and what they are telling you?
- > What EQ skills do you consider to be good at and where do you see a need for growth?

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#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
- > Subscribe on [Apple Podcasts](#)
- > Subscribe on [Google Play](#)

#### CONNECT

- > Facebook: [www.facebook.com/eq.org.au](https://www.facebook.com/eq.org.au)
- > Instagram: [www.instagram.com/eq.org.au](https://www.instagram.com/eq.org.au)

