

Accepting new
clients in 2020.



Building a High-Performance Team

A 3-month coaching experience designed to help teams thrive by building Emotional Intelligence.

Rationale:

Emotional intelligence (EQ) is twice as important as IQ and technical skill for jobs at all levels. And in the top tier, EQ accounts for nearly **90% of the difference** between average and star performers. (HBR)

Objectives:

1. Develop emotional intelligence as a foundation for team success.
2. Establish an environment that includes kind candor, personal vulnerability, and accountability.
3. Strengthen connection between team members.

The best results are achieved through relationships.

“Dan’s coaching significantly improved our teamwork and satisfaction.”

Logistics:

This is a customized coaching program that runs for **three months**.

- Take the Emotional Intelligence (EQ) assessment provided with the book, “Emotional Intelligence 2.0.” (Purchase before the program begins.)
- Design personal EQ development projects based on, “Emotional Intelligence 2.0.”
- Share individual projects with team members.
- 4 team meetings with Dan Rockwell. (Approximately 1 hour each in person or via video conference.)
- Weekly EQ focused conversations in small groups to discuss goals, projects, and progress.
- One-on-one coaching conversations with Dan Rockwell.
- Weekly email support.
- Read, “Emotional Intelligence 2.0,” as the program progresses.
- Re-take the EQ assessment before the end of the three-month coaching experience.

Weekly time commitment is approximately two hours/week.

The first conversation and objectives:

- Discuss the results of your EQ assessment. What surprised you? What is your focus?
- What’s important for this experience to be useful to you? To energize you?
- Discuss the section of the book, “Emotional Intelligence 2.0,” that aligns with your focus area. (There are four possible areas of focus.)
- Create small groups. (For teams that are six persons or larger. Minimum team size is three.)

Fee: Fees begin at \$6,000 USD/team. Email inquiries to dan@leadershipfreak.com.