

LISA G

**BONUS: MODULE 7**

EQ Is The New IQ To  
Be Undefeatable

**WORKBOOK**

LISA G | HIGH-PERFORMANCE COACH

# MODULE 07

## EQ Is The New IQ To Be Undefeatable

### Your EQ can be improved

When it comes to success in the workplace, emotional intelligence (EQ) is just as important as IQ.

Emotional intelligence is the ability to be aware and understand your own emotions and the emotions of others. For example, a CEO with high EQ would be able to not only understand their own reactions to stress but also be able to read and respond appropriately to the stress levels of their employees.

**Here are five traits to cultivate as a leader to improve your EQ and as a result, improve your performance.**

- 1 - have self-awareness and self-reflect
- 2 - have more empathy
- 3 - practice optimism
- 4 - focus on what you can control
- 5 - be kind wherever you go

# MODULE 07

## EQ Is The New IQ To Be Undefeatable

### MINDSET IS KEY

**INSTRUCTIONS:** Change a negative thought that you can't avoid sometimes into a positive affirmation.

NEGATIVE THOUGHT:

**ex:** I am so busy at work. I have no time to work out and make my fitness a priority.



POSITIVE AFFIRMATION:

**ex:** I will re-evaluate some priorities and will put myself first this time. I have a life-work balance.

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

# Self-Awareness Form

**Q1: Think of when you took charge as a leader and you took a stand and made sure everyone followed.**

How did you feel?

How do you think others felt?

**Q2: Think of when you took charge as a leader and took a stand on an issue and then backed down.**

How did you feel?

How do you think others felt?

# Self-Awareness Form

**Q3: Think of when you took charge as a leader and didn't take a stand on a particular issue when you should have.**

How did you feel?

How do you think others felt?

**Q4: Think when you were an employee and took a stand on an issue and did not back down.**

How did you feel?

How do you think others felt?