

SOCIAL + EMOTIONAL INTELLIGENCE COACHING PACKAGE

- Introductory session (approximately 45 min) to discuss your goals and needs, offer an overview of Social + Emotional Intelligence and introduce the Social + Emotional Intelligence Profile (SEIP)
- Link to complete the SEIP on-line, resulting in individual scores and a comprehensive individual S+EI profile
- Debriefing session (approximately 1.5 hours) to review your individual SEIP results and establish a personal action plan
- Set of personalized resources to support your desired changes, and opportunities for follow-up accountability



\$375:
Social + Emotional
Intelligence Assessment +
2 Coaching Sessions
via Zoom

Social + Emotional Intelligence is a form of intelligence that drives our success in work and in life through our relationships with others.

While the concept of social and emotional intelligence is starting to become more widely understood, many are still unsure of exactly what it is, and how it can add to their success and satisfaction in both their professional and personal lives.

The good news? S+EI can be learned and strengthened throughout our lives. It's never too late to add these essential skills to your career strategy, and research concludes the fastest way to enhance your S+EI skills is through coaching.

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