

# An Introduction to EQ Extra



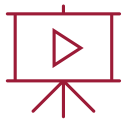


# What is EQ Extra?

EQ Extra is a series of 15 animated videos designed to explore emotional intelligence and provide practical development strategies for you and your colleagues.



## So, what does EQ Extra include?



### 15 Videos

Bite-sized videos, exploring each area of emotional intelligence.



### Development Strategies

Each video includes 3 practical, research-based development strategies.



### Development Plans

Each video includes a development plan to encourage goal setting.

## Key features of EQ Extra include:

- ✓ Voiceover narration
- ✓ Access anytime, anywhere
- ✓ Bonus introductory video
- ✓ 5-minute videos
- ✓ Self-paced learning
- ✓ Downloadable resources

# What are the benefits of EQ Extra?

Using EQ Extra in your organisation can help your employees to:



## Gain an in-depth understanding of emotional intelligence

The videos explain the meaning of each area of emotional intelligence, why it's important in the workplace and the emotionally intelligent behaviours associated with it. This helps you evaluate your own level of emotional intelligence and its potential impact.

## Develop emotional intelligence



EQ Extra provides practical strategies to develop all areas of emotional intelligence, including emotional and social skills such as emotional self-awareness, assertiveness, stress management, empathy and problem solving.

## Improve performance, leadership and workplace skills

High levels of emotional intelligence are associated with improved performance, as well as important skills including leading others, communication, and resilience.



## Invest in your employees by using EQ Extra in your Organisation

Develop employees' emotional intelligence, wellbeing, leadership and communication skills, to improve performance.



Save time and resources, by eliminating the need to create your own course content and encouraging employees to take ownership of their own development.



Increase employee satisfaction and engagement by demonstrating your commitment to employee development.



### EQ Extra is:



#### Flexible

Can be uploaded onto your organisation's own internal learning platform.



#### Scalable

Suitable for all levels within an organisation and can be used at multiple stages of the employee lifecycle.



#### Compatible

Compatible to use alongside the EQ-i 2.0 & EQ 360 assessments.

# How can you use EQ Extra?

EQ Extra can be used in a variety of ways for both individuals and organisations. This flexible, bite-sized offering can be easily fitted into any busy schedule and lets you choose the best way to support emotional intelligence development in your organisation.

Here are just a few examples of how you could introduce the EQ Extra series into your workplace.

## Expand your learning resources

- Add to your existing library of digital learning resources for employees to access anytime.
- Offer as an optional resource for those wanting to develop their emotional intelligence at their own pace.
- Use the bonus video, 'Developing Emotional Intelligence', to introduce the concept of emotional intelligence to everyone in the organisation.



## Deliver stand-alone or tailored courses



- Use as a stand-alone course on emotional intelligence for employees to complete independently.
- Create short courses using select videos, such as a communication course using 'Developing Assertiveness'.
- Allow employees to watch the videos they feel are most relevant for their development.

## Enhance leadership programmes & workshops

- Offer as an additional resource before or after a workshop on emotional intelligence.
- Incorporate the videos and development plans into your leadership programme



## Integrate with broader learning strategies



- Use alongside other emotional intelligence development tools, such as the EQ-i 2.0 assessment, for a more comprehensive approach.
- Use as part of an employee's onboarding to help them develop emotional intelligence from the start.

# EQ Extra Price Plans

Different plans are available depending on how you plan to use EQ Extra. Visit the EQ Extra website to find out more: <https://www.eqextra.com/>

## Individual

Ideal for personal development, small businesses and coaching clients, this plan offers a single user access to all 15 videos on Psysoft's platform for six months.

## Business

Designed for organisations with over 50 employees, this plan grants access to all 15 videos for one year. The content is shared directly with the organisation.

## Premium

Offering maximum flexibility, this plan is ideal for larger organisations with direct file sharing and an unlimited time licence for lasting access.





We help our clients to **recruit, retain** and **develop** talented people.



Contact us today to talk about developing emotional intelligence in your organisation.

[query@psysoft.com](mailto:query@psysoft.com)



01403 295000



[www.psysoft.com](http://www.psysoft.com)

