



Emotionally Well-Being & Change

A bespoke programme to **support** and **enhance** an individual's emotional well-being through **work** and **life change**. Assessment of **Emotional Intelligence (EQ)** using one of the world's most robust measures (the Bar On EQ-I®) identifies the **EQ skills** that will take the individual **forward** to **new horizons**.

The follow on coaching is highly '**outcome**' **focussed** and great results are guaranteed through the skilled application of **NLP tools and techniques**. Ultimately this is about helping the individual to **see, hear and feel a new future** and be ready for it!

- **Bar-On EQ-i assessment** (EQ-i®) – completed when convenient, on-line in less than 20 minutes £65
- **EQ-i report and feedback** – what are the issues connected to the current change? What outcomes are within your control? What do you want? Feedback on the EQ-i, greater self insight and new connections made (2 hours) £250
- **2-3 development sessions** – a clear EQ and change plan is built, specific commitments made and enacted. The number of follow on sessions depends on the complexity of the issues and whether early breakthroughs are made. £250* per session

Thorough mid point and final reviews check progress and celebrate success.

*costs are plus VAT and basic mileage rate