



Emotional Intelligence

July 1, 2026

Presented By |
HealthCheck360

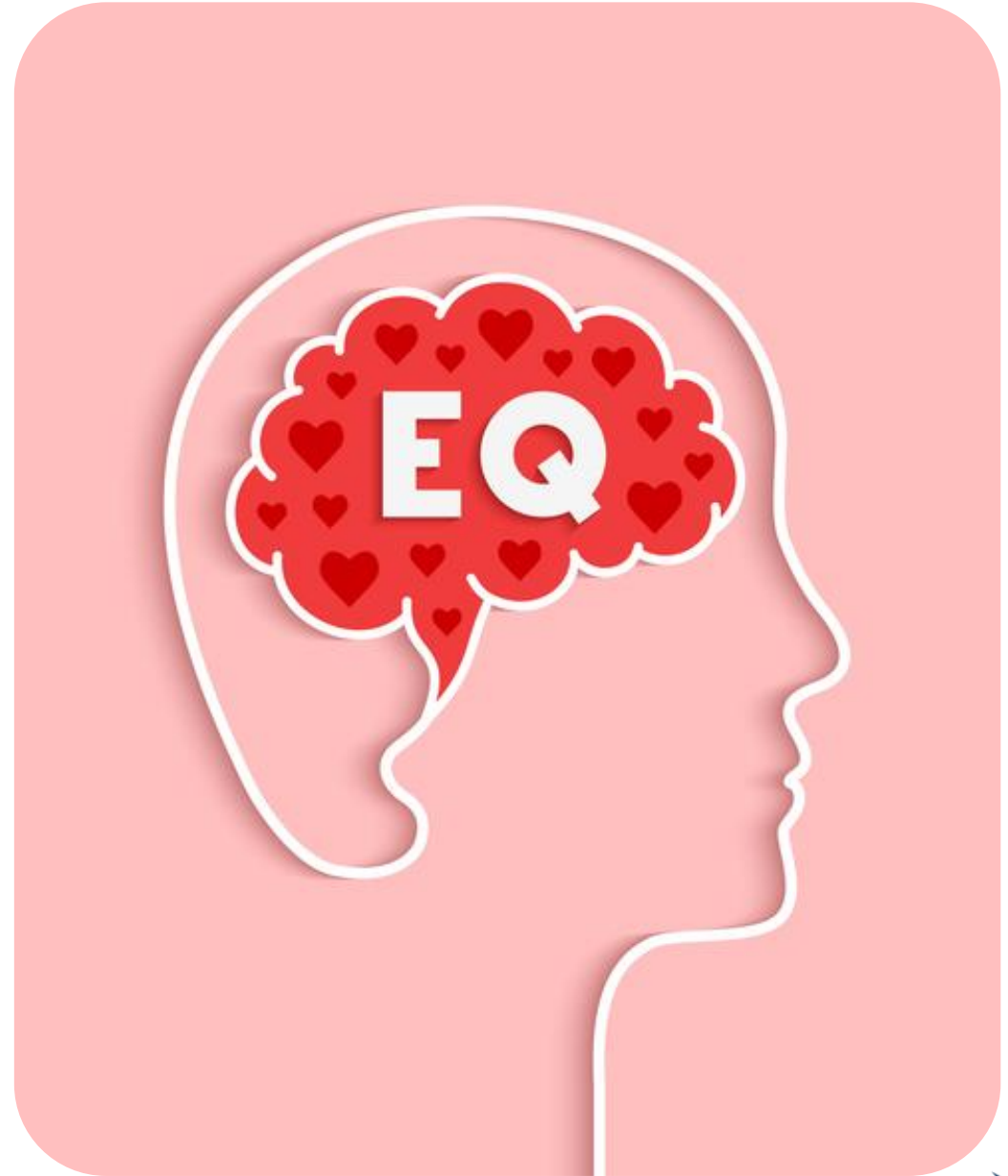


Agenda

What is emotional intelligence?

How does EQ affect your life?

Ways to improve your EQ



What is emotional intelligence?

The ability to recognize, understand, manage, and effectively use emotions in oneself and others.

- Self-awareness
- Self-regulation
- Empathy
- Social skills



How EQ affects you

Mental Health

- More resilience
- Less anxiety, depression, burnout

Physical health

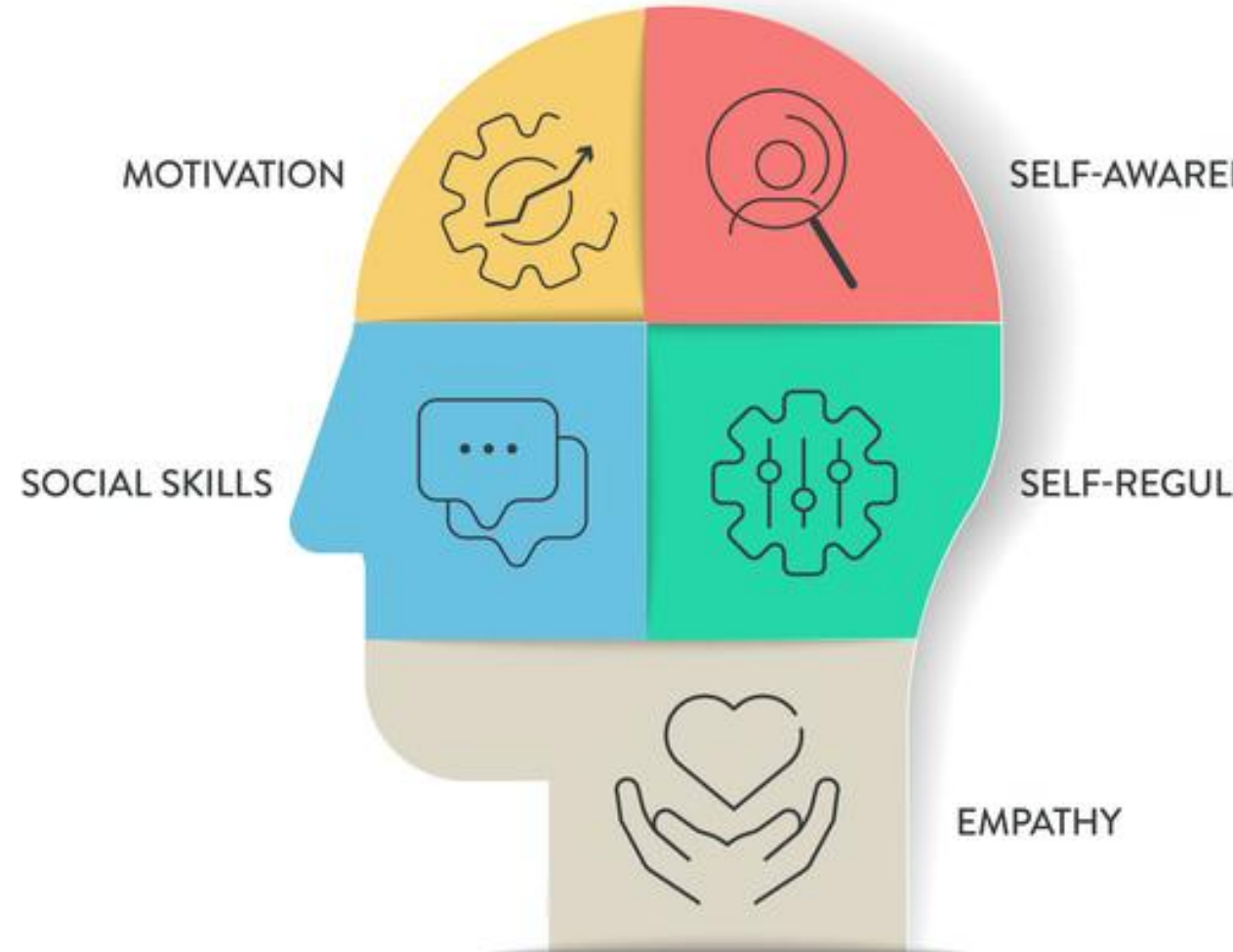
- Lower cortisol
- Better habits

Relationships

- Better ability to navigate challenges

EMOTIONAL INTELLIGENCE

INFOGRAPHIC



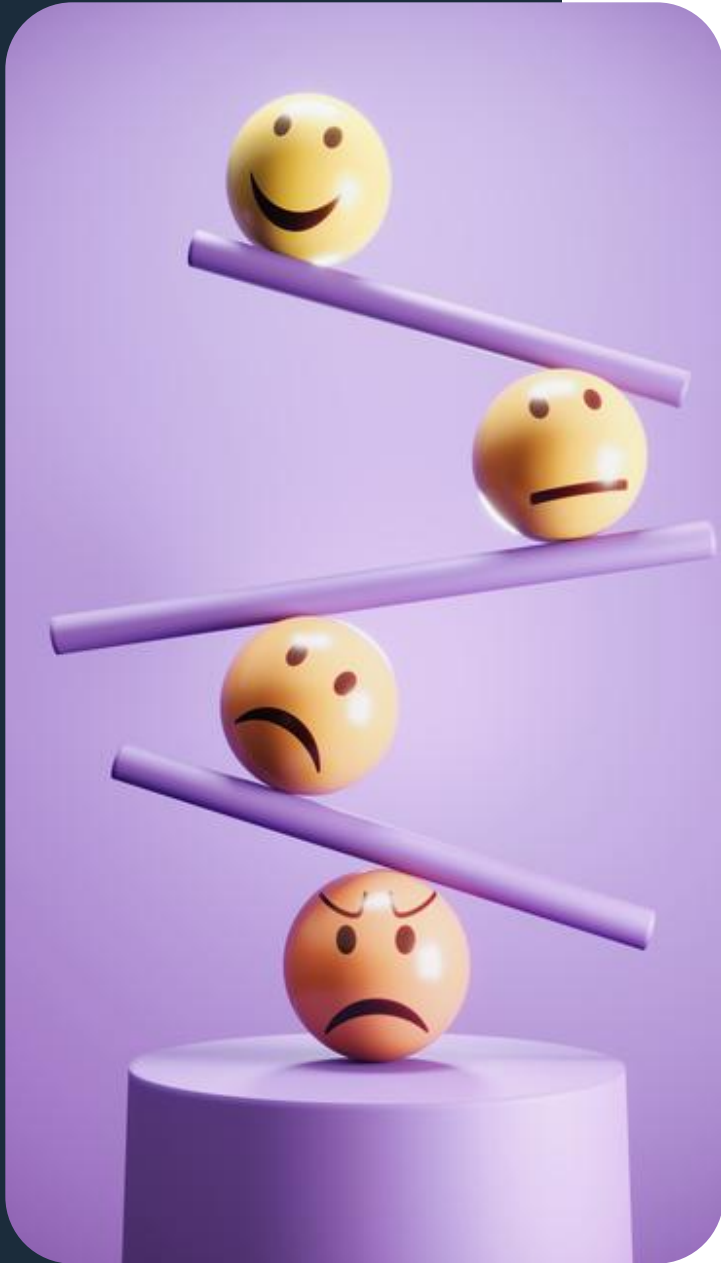
How to improve your EQ

Self-awareness

- Mindfulness
- Reflection
 - Journaling
- Seek feedback

Self-regulation

- Identify emotions and triggers
- STOP method
 - **S**top, **T**ake a step back, **O**bserve, **P**roceed mindfully
- Calming techniques
- Healthy habits
- Goals and boundaries
- Seek support if needed





How to improve your EQ

Empathy

- Be present
- Active listening
 - Listen to understand vs. listen to respond
- Try to see their perspective
- Don't assume or judge
- Reflect on interactions

Social Skills

- Encompasses other areas to build relationships





Summary

- Emotional intelligence affects all aspects of your life
- Look to find small ways to improve
- It's not easy, but it's worth it



Upcoming Webinars

Exercise for Longevity and Vitality

Explore how functional fitness and consistent movement can help you live your best life for years to come.



August 5

Food Noise

Cut through the “food noise” and learn how to tune into your body’s true hunger signals for a healthier, more mindful relationship with eating.



September 2

Lifestyle Rewards



1. **True or False: Emotional intelligence is only about handling your own emotions.**
 - a) True
 - b) False
2. **What is one benefit of having a high EQ?**
 - a) Less resilience
 - b) Better relationships
3. **What was one tip mentioned for improving empathy?**
 - a) Listen to respond vs. listen to understand
 - b) Be present

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



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- 1-866-511-0360 or healthcoach@healthcheck360.com



Questions?

