EQ Development Process Overview

THE EQ DEVELOPMENT GROUP

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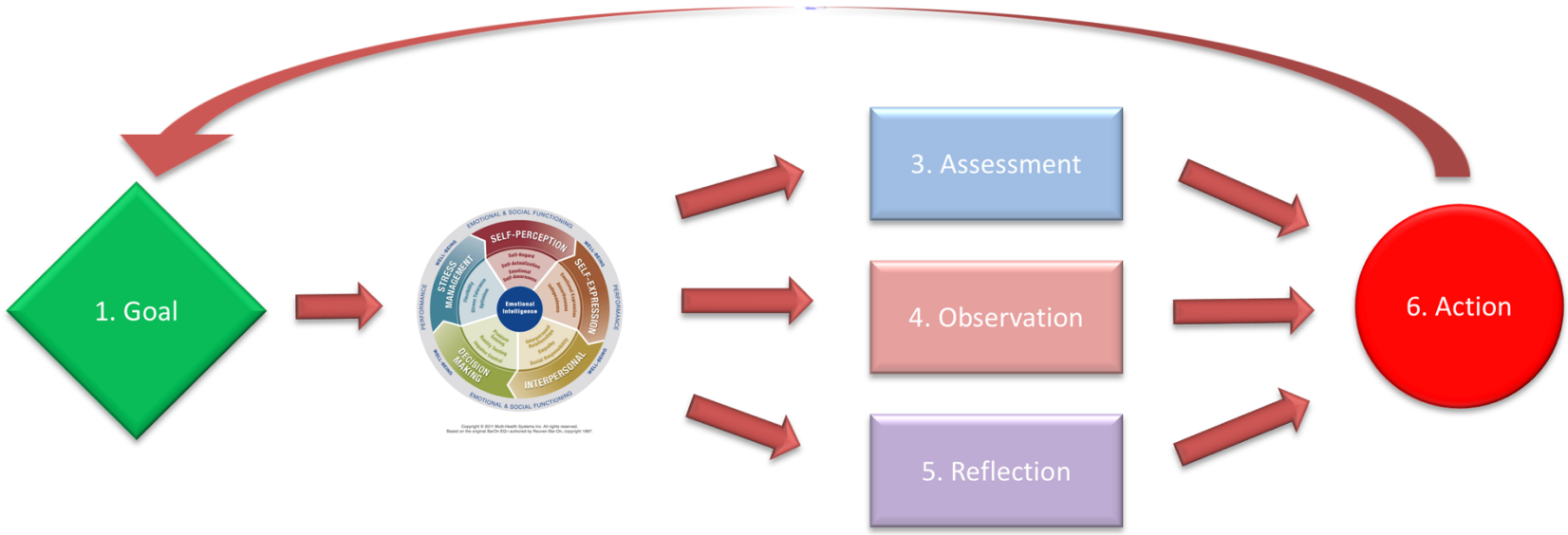

1. Choose a goal that is meaningful to you.

2. Identify the 3 subscales that you deem are most related to achieving your goal.

3. Undertake some assessment of your behaviours related to that subscale.
4. Observe yourself and others to understand behaviours related to that goal.
5. Reflect on your assessment and

6. Take actions for each of the subscales related to your goals using the EQ 1-2-3 process.

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