



# NAVIGATE LIFE WITH EMOTIONAL INTELLIGENCE

Our team consists of specialists in behavioral science, neurology, executive coaching, counseling, and leadership training.

## YOUR BRAIN AND WELLBEING MATTER TO US.

At EQ Brains, we offer the tools and equipment to support your journey toward improved emotional wellbeing and enhanced brain performance. Our programs provide a comprehensive, data-driven approach, designed to unlock the potential of your emotional intelligence (EQ) and brain health.

### WHAT WE OFFER

10 weeks of live online learning (all sessions will be recorded)

Brain scan with a neurologist

EQ assessment (GENOS) with a dedicated practitioner

Welcome pack, worksheets, journals, and course notes

Portable brainwave reader

Five live retreats (in-person or virtual)

Five one-to-one coaching sessions with ICF-certified coaches

Guest speakers from neuroscience, behavioral science, and positive psychology



### WHO IS IT FOR?

#### COMPANIES

Organizations aiming to enhance employee awareness, stress management, and overall wellbeing.

#### INDIVIDUALS

Anyone looking to develop their emotional intelligence for both personal and professional growth.

### CORE TOPICS WE WILL COVER



Boosting Awareness, Stress Management, and Care



Self-Awareness & Neuroplasticity



Empathy & Compassionate Leadership



Nutrition and its Impact on the Brain



Self-Regulation & Leadership Presence



Motivation & Positive Intelligence



Building Resilience & Navigating Challenges



Peak Performance and Emotional Mastery



Decision Making using Behavioural Science



Integration and Application of EQ for the Future

YOU'LL EARN A CERTIFICATE UPON SUCCESSFULLY FINISHING THE PROGRAM.

### CONTACT US FOR PROGRAM START DATES

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### BOOK A MEETING

