

**WORKSHOP OVERVIEW**

# **EMOTIONAL INTELLIGENCE**



**STRENGTHENING LEADERS THROUGH  
EMOTIONAL INTELLIGENCE**

**MAREKRUDAK.COM**

## **Thank you so much for the opportunity to share how my Emotional Intelligence training will add to your organization's bottom line.**

Everything I teach has been validated through 5,000+ hours of personal one-on-one coaching with employees at companies like Google, Salesforce, Apple, Bloomberg, Nasdaq, and Navy Federal Credit Union.

I conducted this workshop at organizations such as NASA, Fidelity, National Oilwell Varco, Rice University, Impact A Hero, Marathon Oil and Advanced Drainage Systems with excellent results.

I am a firm believer, however, in collaboration. Therefore, I am open to adjusting the workshop's content based on your feedback and ideas to make sure I give you maximum value.

For more information, please email me at **Marek@MarekRudak.com** or visit my website, [MarekRudak.com](http://MarekRudak.com) to schedule complimentary consultation.



Emotional intelligence presents a huge growth opportunity because, unlike our intelligence which is genetically fixed, we can ALL grow our EQ (measurement of Emotional Intelligence). Further, very few people have received any type of Emotional Intelligence training.

Daniel Goleman states: "My analysis of myriad jobs found that emotional competence makes up about two-thirds of the ingredients of star performance in general, but for outstanding leaders, emotional competence - as opposed to technical or cognitive cues - make up 80 to 100-percent of those (ingredients) crucial for success." Matthew Juechter, chairman of the American Society for Training and Development, agrees: "Leadership is almost all emotional intelligence, especially in distinguishing what managers do and leaders do - things like taking a stand, knowing what's important to you, pursuing your goals in partnership with others."

This is not to say that cognitive skills lack importance. Studies have shown that successful CEOs, in addition to emotional competence, also possess cognitive competencies such as thinking strategically, seeking out information with a broad scan, and applying strong conceptual thinking. But, as Goleman says, "Great leaders go a step further, integrating emotional realities into what they see, and so instilling strategy with meaning and resonance. Their emotional intelligence allows the blending of all of these elements into an inspired vision."



## My Emotional Intelligence workshops deliver value because they are:

- **Practical:** Everyone takes the EQ-i 2.0® assessment, which enables each participant to understand their unique strengths and growth opportunities across 15 intuitive EQ dimensions. (Click here to see a sample [individual](#) or [360](#) assessment).
- **Engaging:** Participation is crucial to learning; my workshops are highly interactive and have powerful group exercises.
- **Efficient:** Staying focused the whole day is tough. Therefore, my workshops don't last more than 4 hours, allowing the participants to take care of their work responsibilities during the training day.



EQ-i 2.0-i® Emotional Intelligence Model



### Sustainable Growth

75% of careers are derailed for reasons related to emotional competencies



### Stress Management

As your EQ increases, you actually feel less stress



### Return On Investment

Emotional intelligence has a 58% influence on job performance

# MEET MAREK

**Executive coach specialized  
in leadership development,  
team effectiveness, and  
Emotional Intelligence.**

Marek is an Emotional Intelligence Expert who designed workshops for premiere organizations such as NASA and Fidelity. He is certified in the EQ-i 2.0® & EQ 360® assessments that help his clients quickly understand what they need to do specifically to improve their leadership skills and effectiveness. Marek is also certified in Red Team Coaching, a revolutionary set of tools first developed by the military and intelligence agencies, then evolved to help business executives thrive in complexity and make better decisions by ensuring emotions are an asset, not a liability.

Marek graduated in the top 10% of his class at West Point and became a Ranger in the 82nd Airborne Division, where he deployed to Iraq and Afghanistan. Upon separating from the Army, he joined ExxonMobil, where he worked on global, multi-billion-dollar projects for ten years.

Currently, Marek provides on-demand executive coaching to C-Suite leaders and their teams for organizations like Google, the NBA, and UNICEF.

You can reach Marek at:  
[Marek@MarekRudak.com](mailto:Marek@MarekRudak.com)

[MAREKRUDAK.COM](http://MAREKRUDAK.COM)



I asked Marek to provide Emotional Intelligence training for the facility managers in my company.

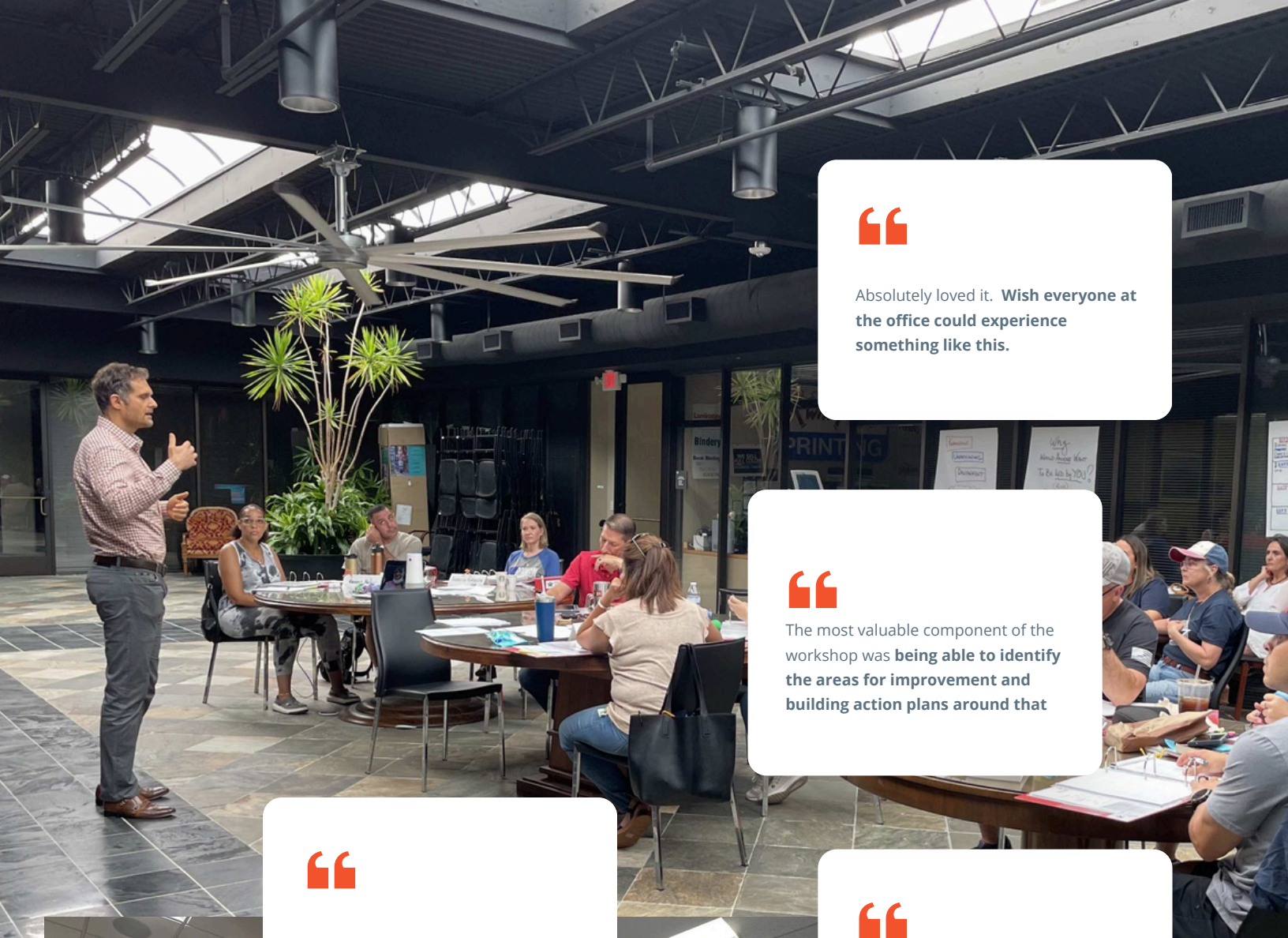
**It was the best training  
we have taken in years.**

Immediately following the workshop, I noticed a difference in the way the team interacted with one another and other teams for a more cohesive overall direction in which we perform day to day. I'd recommend this course to anyone.

Joshua McGinnis  
Regional Manager at Advanced Drainage Systems







Absolutely loved it. **Wish everyone at the office could experience something like this.**



The most valuable component of the workshop was **being able to identify the areas for improvement and building action plans around that**



This was very good timing. **Everything was valuable as it related to real and tangible things.**



I'm still seeing **excellent things** in my managers since we all took your training!

