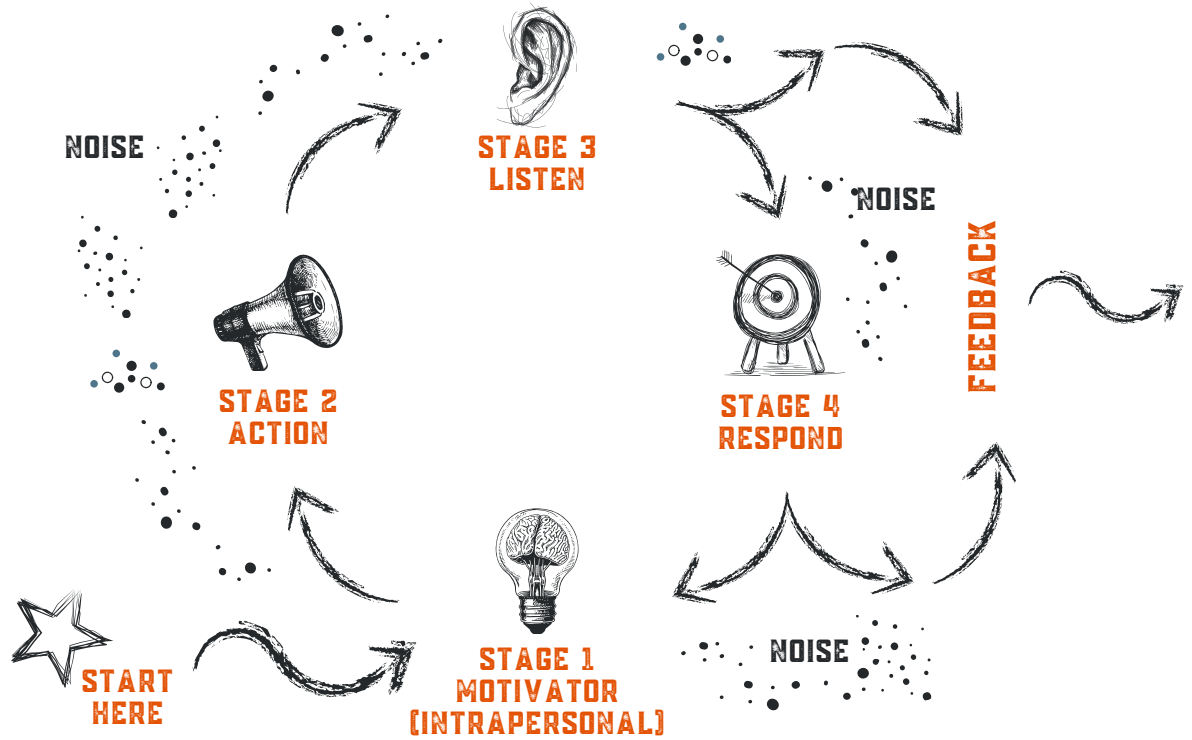


COMMUNICATION STAGES



FOR SUPPORT AT ANY COMMUNICATION STAGE, CHECK THE MATCHING EQ PILLAR (STAGE 1 → PILLAR 1) FOR HELPFUL SKILLS TO STRENGTHEN OR BOLSTER THAT STAGE

REMEMBER, OUR EQ PILLARS ARE LIKE A BUILDING:

EQ PILLARS

PILLAR 1

SELF-AWARENESS

- Intrapersonal Communication
- Personality
- Your Strengths
- Your Weaknesses
- Your Values
- Your Tendencies

SOILS/ DIRTWORK

PILLAR 2

SELF-CONTROL

- Self-Maintenance
- Emotional Regulation
- Energy/Time Management
- Self-Improvement
- Mindsets
- How you show up

FOUNDATION

PILLAR 3

SOCIAL-AWARENESS

- Listening
- Interpersonal Communication
- Empathy, Sympathy, Compassion
- Build and Earn Trust & Respect

STRUCTURAL STEEL

PILLAR 4

RELATIONSHIP MANAGEMENT

- Influence
- Conflict Management
- Negotiation
- Team Maintenance
- Inspirational Leadership
- Mentorship
- Effective Feedback

FINISHES

WITHOUT SOLID GROUND AND STRUCTURE, THE FINISHES WON'T HOLD.