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J. WILLS COACHING

*LEADERSHIP & WELL-
BEING FOR YOU AND
YOUR WORKFORCE*

COACHING

Individual coaching for 3-6 months

Number of sessions: 6-12 (depending on length of sessions)

Email and phone support between sessions

Tools: EQ-i 2.0™ for emotional intelligence; values assessment; character trait assessment; coaching in nature

COST: \$1450

EMOTIONAL INTELLIGENCE ASSESSMENT

Take the EQ-i 2.0™ leadership assessment, receive a report with scores for 15 emotional intelligence skills

Debrief your report (one hour session)

Create action plan for enhancing EI.

Additional coaching sessions can be arranged under separate agreement.

COST: \$300

OUTCOMES

- Inventory of your emotional intelligence skills;
- Greater empathy and emotional intelligence and strategies for continued improvement;
- Renewed energy for your work and your teams;
- Higher level of engagement
- More productive teams
- Better relationship with directs and peers