

**August
2025**

**HelpNet
Webinar**

IQ

EQ

What EQ Can do for You:

Strategies for Enhancing Emotional Intelligence

**Available on
demand**

Starting August 1

Emotional Intelligence Quotient (EQ) is more important than IQ when it comes to predicting both personal and professional success. Defined as a combination of self-awareness and self-management skills, as well as our ability to sense and appropriately respond to the needs and emotions of others, EQ is at the heart of effective relationships. Join us for this dynamic session, where you will gain strategies for enhancing your emotional intelligence and learn about its connection to success and fulfillment.

To access Continuum's HelpNet, visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.



- 402.476.0186/800.755.7636
- 4continuum.com
- easpecialist@4continuum.com