



# Spirit of EQ Offers Emotional Intelligence Training For Business

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COLUMBUS, OH, UNITED STATES, August 21, 2018 /EINPresswire.com/ -- Columbus Ohio based national consulting firm, Spirit of EQ, provides support for individuals and business teams seeking to increase their personal and collective performance. This is accomplished through individualized assessment tools and coaching with one or more of the Spirit of EQ certified coaches.

What is "[emotional intelligence](#)?" It is simply being smarter with feelings. It means using the information that our emotions provide to be more self-aware, more intentional about our choices, and more purposeful in our decisions.

In the business world, managers and leaders readily recognize the value of training to develop leadership skills. What they may not realize is that those skills are far more effective when they pay attention not only to performance, but also to people.

According to Founder and President Jim Vaive, "Emotional intelligence is a crucial skill because people drive performance, and emotions drive people."

There a measurable financial benefit to a business for incorporating [emotional intelligence training](#) into its leadership development program. Spirit of EQ past clients have seen team productivity increase by as much as 25%.

"There is a very real and tangible result derived from this process of [building trust at work](#)," says Jeff East, Executive Director of Spirit of EQ.

Spirit of EQ consultants all have backgrounds as business owners and executives prior to joining EQ. Each has been involved in community and social endeavors that have augmented their business experience. It is the synergy of their unique experiences that makes the Spirit of EQ team particularly effective as they work with business teams and individuals. Spirit of EQ consultants are also available to speak to business groups and at conferences.

Past clients include FedEx, NxGen, FocusCFO, Columbus Chamber of Commerce, and many others.

Spirit of EQ was founded in 2012, and is based in Columbus, OH. You can learn more about their services by visiting [www.SpiritofEQ.com](http://www.SpiritofEQ.com).

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