

EQ Playbook, Free Report from Core Factors, Shows How Emotional Intelligence Drives Measurable Business Results

The EQ Playbook, a free report from Core Factors, provides practical strategies for embedding EQ into leadership and team development programs.

TEMECULA, CA, UNITED STATES, March 7, 2026 /EINPresswire.com/ -- Core Factors has released [The EQ Playbook: How Emotional Intelligence Drives Business Success](#) as a free resource for talent development professionals, executive coaches, and HR leaders. The report provides a research-backed foundation for making emotional intelligence a practical, strategic priority in leadership and organizational development.



EQ Playbook

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For practitioners who want to extend EQ development beyond sessions, the report also connects to Evidentra, Core Factors' AI-powered coaching assistant.”

Kris Kiler

The EQ Playbook connects the dots between emotional intelligence, business outcomes, and development strategy. It includes comparative analysis of major EQ frameworks, real-world case data, and step-by-step guidance on moving from EQ awareness to implementation. For practitioners building leadership programs or coaching engagements, it offers a clear path from insight to action.

Most organizations acknowledge that emotional intelligence matters. Fewer know how to develop it systematically. Leaders are often promoted for technical ability but struggle with the interpersonal and self-regulation skills that determine long-term effectiveness. Coaches and HR teams recognize the gap but lack a structured framework for addressing it at scale.

The challenge is not awareness. Research consistently ties EQ to engagement, retention, and

financial performance. The challenge is application: knowing which EQ skills matter most in context, how to measure them, and how to turn assessment data into focused development. Without that structure, EQ initiatives become one-off workshops that produce awareness without behavior change.

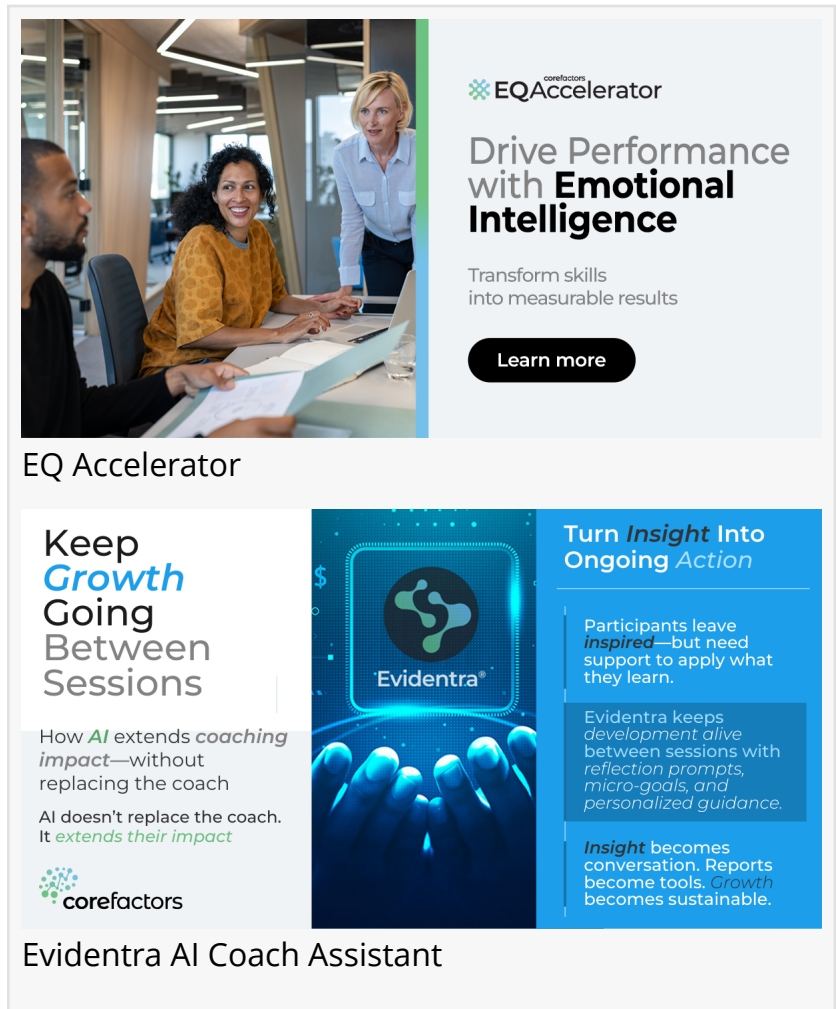
"Emotional intelligence is not a soft skill," said Kris Kiler, President of Core Factors. "It is a set of observable, developable behaviors that directly affect how leaders make decisions, manage conflict, and build trust. The EQ Playbook gives professionals a research-grounded starting point for turning those behaviors into measurable development priorities, not just talking points."

The EQ Playbook walks practitioners through the full landscape of emotional intelligence development. It opens with the business case, drawing on published research showing that EQ-focused hiring and development programs have reduced first-year attrition, increased sales performance, and improved team collaboration across industries.

The report then provides an expert-level comparison of major EQ frameworks, covering what each measures, how it is applied, and where it falls short. This section is designed to help practitioners make informed decisions about which tools fit their practice.

Central to the report is the [EQ Accelerator](#), developed by Roger Pearman, EdD. The EQ Accelerator evaluates 40 emotional intelligence competencies across four dimensions: Self-Awareness, Self-Regulation, Social Awareness, and Relationship Management. What sets it apart is its dual-metric approach: it measures both the perceived importance and demonstrated effectiveness of each skill, revealing gaps that create a focused development roadmap. The report includes step-by-step guidance on using the EQ Accelerator in coaching engagements, performance feedback, and leadership pipeline strategy.

For practitioners who want to extend EQ development beyond sessions, the report also connects to [Evidentra](#), Core Factors' AI-powered coaching assistant. Evidentra provides participants with personalized, assessment-based guidance between sessions, reinforcing the insights gained



The image contains two promotional graphics. The top graphic is for the EQ Accelerator, featuring a photograph of three business professionals in a meeting. The text includes the Core Factors logo, the title 'EQ Accelerator', the main headline 'Drive Performance with Emotional Intelligence', a sub-headline 'Transform skills into measurable results', and a 'Learn more' button. The bottom graphic is for Evidentra AI Coach Assistant, featuring a blue background with a glowing hand holding a digital interface. The text includes the headline 'Keep Growth Going Between Sessions', a sub-headline 'How AI extends coaching impact—without replacing the coach', a quote 'AI doesn't replace the coach. It extends their impact', the Core Factors logo, and a section titled 'Turn Insight Into Ongoing Action' with sub-points: 'Participants leave inspired—but need support to apply what they learn.', 'Evidentra keeps development alive between sessions with reflection prompts, micro-goals, and personalized guidance.', and 'Insight becomes conversation. Reports become tools. Growth becomes sustainable.'

EQ Accelerator

Keep Growth Going Between Sessions

How AI extends coaching impact—without replacing the coach

AI doesn't replace the coach. It extends their impact

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Turn Insight Into Ongoing Action

Participants leave inspired—but need support to apply what they learn.

Evidentra keeps development alive between sessions with reflection prompts, micro-goals, and personalized guidance.

Insight becomes conversation. Reports become tools. Growth becomes sustainable.

Evidentra AI Coach Assistant

from the EQ Accelerator and supporting ongoing growth without increasing practitioner workload.

For individual practitioners, The EQ Playbook provides a credible resource for positioning EQ development with clients and stakeholders. It supplies the research, framework comparisons, and implementation guidance needed to build a compelling case for emotional intelligence as a development priority.

For organizations, the implications are broader. The report outlines how EQ development strengthens leadership pipelines, reduces workplace conflict, and improves collaboration across hybrid and distributed teams. It also addresses how to embed EQ into organizational culture rather than treating it as a standalone training event. The EQ Playbook is designed to support both immediate coaching applications and long-term integration into talent strategy.

The EQ Playbook: How Emotional Intelligence Drives Business Success is available as a free download at corefactors.com/eq-playbook/. Practitioners designing leadership programs, coaching executives, or building scalable development initiatives can use this report as both a reference and a client-facing resource.

To explore the EQ Accelerator emotional intelligence assessment and see how it supports data-driven EQ development, visit corefactors.com/eq-accelerator/. To learn how Evidentra can extend the impact of EQ coaching between sessions, visit corefactors.com/evidentra/.

About Core Factors

Core Factors is a people-development platform for practitioners, including executive coaches, OD consultants, and talent development professionals. The platform supports the full development cycle: administering assessments, delivering a strong post-assessment participant experience, reinforcing development between sessions, and documenting outcomes through participant feedback and reporting.

Core Factors assessments include the EQ Accelerator for emotional intelligence development, Type Discovery and Type Elements for psychological type, Social Dynamics for interpersonal and communication styles, and Career Path for career exploration and occupational fit. Each assessment is supported by on-screen and PDF reporting, a dedicated Participant Hub, and optional access to Evidentra, the AI-powered coaching assistant that provides personalized, ongoing guidance to participants. For more information, visit corefactors.com.

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