

EQ IS THE SECRET TO SUCCESS AND HAPPINESS!



Be EQ-smart and achieve your life's goals!

The logo consists of the letters 'EQ' in a bold, blue, rounded font.

The logo features the word 'AdvantEdge' in a black, cursive-style font. A small red heart is placed above the letter 'v' in 'Advant'.

BECOME A LEADER, DEVELOP BETTER RELATIONSHIPS LEARN TO MAKE THE RIGHT DECISIONS CONTROL YOUR EMOTIONS AND MIND!

The ultimate course for the ultimate you!

Learn life-changing EQ skills and unleash the power of your mind! By attending the EQ Advantage course, you will develop the following skills - and more - in a relaxing and social environment:

1. Intrapersonal skills:

Becoming skilled at emotional self-awareness, assertiveness, independence and self-motivation. Be more confident!

2. Interpersonal Skills:

Learning empathy, social responsibility, better interpersonal and communication skills. Learn more about the other gender and what makes them tick!

3. Stress and Anger Management:

Coping better with stress, anxiety, bullying and anger issues. Cope with exam stress and get better results.

4. Adaptability:

Learning to adapt in new situations and acquiring better problem-solving skills. Make good decisions, learn to be in control.

5. General Mood:

Developing optimism, happiness and balanced emotions. Be a leader - someone others can rely on.

6. Health and optimal nutrition:

What is really in the foods we eat? What is good/not good for you? How do drugs and alcohol change you? Learn what is healthy, how to look better, feel better and make right choices!

7. Practical techniques for relaxation:

Combating stress and anxieties by learning quick, effective and empowering skills.



Emotional Intelligence (EQ) is a way of describing our 'human effectiveness' and is important because it speaks for our ability to succeed in life. Each course will be offered by our dynamic trainers who all have a background in psychology.

IT HAS BEEN SHOWN THAT EQ HAS MORE IMPACT ON OUR LEVEL OF SUCCESS THAN IQ

It is therefore common knowledge that a person with an average IQ and high EQ can be more successful than an IQ genius! Our level of EQ is important because our emotions motivate us to pursue our unique potential and as such it is our feelings that activate a purpose-driven life.

SUCCESS IN LIFE IS 80% DEPENDENT ON EQ AND ONLY 20% DEPENDENT ON IQ

For more information, please visit our website www.eq-advantedge.co.za or e-mail us at info@eq-advantedge.co.za. or contact us on 074 179 0929

ONLY SUCCESSFUL PEOPLE KNOW AND USE THE EMPOWERMENT OF EQ SKILLS. BE ONE OF THEM!

