



Online Course Catalog

As the nature of business changes, so does the demand for skills. Now, more than ever as we enter the fourth industrial revolution, people skills such as collaboration, communication, problem solving, and critical thinking define an organization's success. Our e-learning programs are based on the foundation of emotional intelligence. We will dispatch our content to your learning management system or enroll your teams on our system. It's easy! Contact Janice to discuss group purchases and bulk discounts!

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Online Courses



\$249.99 CAD [Buy now!](#)

Recommended companion course: EQ-i2.0 Leadership or Workplace Assessment and Debrief and Interpersonal.

Diversity-Equity-Inclusion

Description: This course explores the importance of diversity, equity, and inclusion to enhance workplace and personal environments. We cover the meaning, research related to DEI, and tangible and intangible benefits. The course looks at the relationship between emotional intelligence and DEI principles, to enhance emotional functioning and commit to building diverse, equal, and inclusive workplaces.

Recommended audience: This course is intended for anyone wishing to learn more about the value of a diverse workplace that is inclusive and provide equal opportunities for development and promotion.

Style: Slides with narration, includes quizzes and ten downloadable strategies for personal and team development. **Length:** ~ 1.5 hours narration in bite sized videos, each exercise takes 20-30 minutes to complete.



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EQ-i2.0 Leadership assessment and 1:1 debrief with an executive coach is included.

Lead with Emotional Intelligence

Description: We've bundled six courses for leaders and aspiring leaders interested in developing their emotional intelligence skills around the four pillars of leadership – authenticity, coaching, innovation, and insight. The six courses are: Emotional Intelligence for Leaders, Authentic Leadership, Learn to Lead with a Coach Approach, Innovative Leadership, Visionary Leadership, and How to Avoid Leadership Pitfalls.

Recommended audience: This course is intended for leaders and aspiring leaders interested in developing their emotional intelligence skills.

Style: Six courses with narrated slides, 48 linked references, 17 downloadable exercises. **Length:** Total program: 9 hours. Self paced program: narrated courses (3 hours) exercises (5 hours) and EQ-i2.0 Leadership assessment debrief with a certified executive coach (1 hour).



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Recommended companion course: EQ-i2.0 Leadership Assessment and Debrief.

Emotional Intelligence for Leaders Introduction

Description: This short course is an introduction to the importance of emotional intelligence (EI) for leaders and is designed to enhance leadership skills for both new leaders and those looking to embrace new approaches based on EI. The course provides a description of emotional intelligence, how emotional skills are linked to four pillars of leadership: authenticity, coaching, innovation, and insight. We also examine common leadership pitfalls related to weak impulse control, problem solving, independence, and stress tolerance.

Recommended audience: This short course is an introduction to the importance of emotional intelligence (EI) for leaders and is designed to enhance leadership skills for both new leaders and those looking to embrace new approaches based on EI.

Style: Narrated slides, references. **Length:** ~ 20 minutes and each exercise takes 20-30 minutes.

Online Courses



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Recommended companion course:

EQ-i2.0 Leadership Assessment and Debrief.

Authentic Leadership

Description: This course focuses on the importance of being authentic, meaning being true to yourself, being open and honest and acting with integrity. The course examines the meaning of authenticity, why it is important for leaders, and the effects of authentic leadership in the workplace. There are three exercises designed to enhance self-perception including self-regard, emotional self-awareness, and self-actualization.

Recommended audience: This course is intended for leaders and aspiring leaders interested in developing their authenticity, meaning being true to yourself, being open and honest and acting with integrity.

Style: Narrated slides, references, three downloadable exercises. **Length:** ~ 20 minutes and each exercise takes 20-30 minutes.



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Recommended companion course:

EQ-i2.0 Leadership Assessment and Debrief.

Learn to Lead with a Coach Approach

Description: This course is designed to help leaders use a coach approach with others. Coaching, as opposed to mentoring, is based on an intentional conversation designed to engage with someone, enlighten them to their potential, and empower them to accomplish their goals. Leaders coaching effectively understand themselves and others, have strong interpersonal skills, and can hold people accountable. This course explores the power of coaching in business and provides three exercises to help learners hone their coaching skills.

Recommended audience: This course is intended for leaders and aspiring leaders interested in using a “coach approach” with others.

Style: Narrated slides, references, three downloadable exercises. **Length:** ~ 20 minutes and each exercise takes 20-30 minutes.



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Recommended companion course:

EQ-i2.0 Leadership Assessment and Debrief.

Innovative Leadership

Description: Innovation occurs when people take risks, view challenges as opportunities, and learn from mistakes. Knowledge is valued. Innovative leaders will create environments in which this happens. The course examines the emotional intelligence skills associated with innovation as well as personal and professional implications. We review research regarding innovative leaders and provide three strategies related to flexibility, optimism, and independence to build innovative capacity.

Recommended audience: This course is intended for leaders and aspiring leaders interested in developing emotional intelligence skills associated with innovation.

Style: Narrated slides, references, three downloadable exercises. **Length:** ~ 20 minutes and each exercise takes 20-30 minutes.

Online Courses



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Recommended companion course:
EQ-i2.0 Leadership Assessment and Debrief.

Visionary Leadership

Description: Visionary leaders are optimistic about the future; they care about the greater good and express themselves in a way that compels others to achieve and exceed goals. This course provides examples of insightful leaders, the importance of insight to transformative leadership, and exercises based on emotional intelligence to help you inspire others to achieve goals.

Recommended audience: This course is intended for leaders and aspiring leaders interested in developing their emotional intelligence skills for visionary leadership.

Style: Narrated slides, references, five downloadable exercises. **Length:** ~ 20 minutes and each exercise takes 20-30 minutes.



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Recommended companion course:
EQ-i2.0 Leadership Assessment and Debrief.

How to Avoid Leadership Pitfalls

Description: Leadership skills and emotional intelligence are positively related. Strong leaders are authentic, use a coach approach, can inspire the people around them, and create robust environments. While high scores in emotional intelligence can enhance leadership effectiveness, low scores in four categories can “derail” a leader. Leaders need to be independent, to manage their impulses, to handle stress, and to solve problems. Lacking skills in any or more of these categories can create problems. This course helps leaders to strengthen these leadership de-railers.

Recommended audience: This course is intended for leaders and aspiring leaders interested in developing the key emotional skills and avoid derailing their leadership.

Style: Narrated slides, references, three downloadable exercises. **Length:** ~ 20 minutes and each exercise takes 20-30 minutes.



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Manage Yourself Through Change

Description: Change is inevitable in life, yet some people find it difficult to face and manage whereas others embrace it. While some changes we have control over, many we do not. This course examines individual preferences for dealing with change, how to work with people who have different preferences, and how to manage emotions.

Recommended audience: This course is intended for individuals wishing to learn more about how to handle change and to communicate with others during times of transition

Style: Slides with narration, includes quizzes and six strategies for personal development. **Length:** ~35 minutes, each exercise takes 20-30 minute to complete.

Online Courses



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Recommended companion courses: Boost Your Optimism.

Resilience for Life

Description: This course provides learners with ten exercises to promote mental and emotional resilience. Resilience is an emotional skill that can be honed through practice. The course begins by discussing the meaning of resilience and then provides details about the range of emotional skills required to be resilient. The content is based on findings in the fields of health, psychology, and medicine.

Recommended audience: This course is intended for individuals interested in exploring the benefits of being more resilient, including the effects on personal and professional success, leadership, and optimism.

Style: Slides with narration, includes quizzes and ten strategies for personal development. **Length:** ~ 1-hour total narration in short videos, each exercise takes 30-45 minutes to complete.



\$199 CAD [Buy now!](#)

Recommended companion course:
EQ-i2.0 Workplace Assessment and Debrief and Diversity, Equity, and Inclusion.

EQ Connections

Description: This learning plan includes six courses beginning with an introduction to emotional intelligence ((EI) and the EQ-i2.0 Model. The courses are designed to promote understanding of emotional intelligence and suggestions to enhance personal EI. The five courses examine self-perception, self-expression, interpersonal, decision making, and stress management.

Recommended audience: This course is intended for anyone wishing to learn more about the value of emotional intelligence as it applies to their personal and professional life.

Style: Six courses composed of slides with narration, includes quizzes and 15 strategies for personal development. **Length:** ~ 3 hours



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Introduction to Emotional Intelligence

Description: This course is an introduction to Emotional Intelligence based on the MHS EQ-i2.0 model. The content includes the importance of EI and explains five EI composites (self-perception, self-expression, interpersonal, decision-making, and stress manage) and 15 related subscales.

Recommended audience: This course is intended for anyone wishing to learn more about emotional intelligence and how it can help individuals succeed in work and life.

Style: Narrated slides with learner quizzes. **Length:** ~30 minutes

Online Courses



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Recommended companion course:

EQ Connections and EQ-i2.0 Workplace Assessment and Debrief.

Self-Perception

Description: This course explores a critical aspect of emotional intelligence: self-perception. We explore the meaning of self-perception, related behaviours and three subscales including self-regard, self-actualization, and emotional self-awareness. Additionally, we present three strategies for enhancing such skills to promote success in work and life.

Recommended audience: This course is recommended for anyone wishing to learn about how they identify and tune in to their emotions and use such emotions in the context work and life.

Style: Slides with narration, includes quizzes and three strategies for personal development.

Length: ~ 30 minutes.



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Recommended companion course:

EQ Connections and EQ-i2.0 Workplace Assessment and Debrief.

Self-Expression

Description: This course explores how people express themselves effectively to enhance personal and professional success. We explore the meaning of self-expression, related behaviours and three subscales including emotional expression, assertiveness, and independence. Additionally, we present three strategies for enhancing such skills to promote success in work and life.

Recommended audience: This course is recommended for anyone wishing to explore their ability to express their emotions and to enhance their ability to be independent and assertive.

Style: Slides with narration, includes quizzes and three strategies for personal development.

Length: ~ 30 minutes.



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Recommended companion course:

EQ Connections and EQ-i2.0 Workplace Assessment and Debrief.

Interpersonal

Description: This course explores how people interact to develop mutually satisfying relationships. We explore the meaning of the interpersonal realm of emotional intelligence, appropriate behaviours and three subscales including interpersonal relations, empathy, and social responsibility. Additionally, we present three strategies for enhancing such skills to promote success in work and life.

Recommended audience: This course is recommended to anyone who values the importance of using emotions to promote stronger relationships, empathy, and social responsibility.

Style: Slides with narration, includes quizzes and three strategies for personal development.

Length: ~30 minutes

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Recommended companion course:

EQ Connections and EQ-i2.0 Workplace Assessment and Debrief.

Decision-Making

Description: This course explores how emotions affect our ability to make good decisions. We explore the meaning of decision making, appropriate behaviours and three subscales including problem solving, reality testing, and impulse control. Additionally, we present three strategies for enhancing such skills to promote success in work and life.

Recommended audience: Individuals who would benefit from learning how emotions affect their ability to solve problems, test reality and manage impulsive behaviour.

Style: Slides with narration, includes quizzes and three strategies for personal development.

Length: ~ 30 minutes.



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Recommended companion course:

EQ Connections and EQ-i2.0 Workplace Assessment and Debrief.

Stress Management

Description: This course explores how emotions affect our ability to manage stress. We explore the meaning of stress management, and behaviours related to three subscales including flexibility, stress tolerance, and optimism. Additionally, we present three strategies for enhancing such skills to promote success in work and life.

Recommended audience: Individuals who would benefit from learning how to manage stress, increase emotional flexibility, and to be more optimistic.

Style: Slides with narration, includes quizzes and three strategies for personal development.

Length: ~ 30 minutes.



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Recommended companion course:

EQ-i2.0 Workplace Assessment and Debrief and Stress Tolerance.

Boost Your Optimism

Description: Optimism is an emotional skill that can be developed and honed. This course explores the meaning of optimism and the reasons it's important in life including its effect on mental and emotional well-being, leadership, and happiness. The course examines barriers to becoming optimistic and provides seven downloadable exercises to help learners become more optimistic.

Recommended audience: This course is intended for individuals interested in exploring the benefits of being more optimistic, including the effects on personal and professional success, leadership, and resilience.

Style: Slides with narration, includes quizzes and seven strategies for personal development.

Length: ~ 30 minutes, each exercise takes 20-30 minute to complete.