



## Junior EQ Certificate Training Program

### Junior EQ Leadership Certificate Training

1. Develop 7 good habits for life:

**Habit 1: Be Proactive**

*Take responsibility for your life.*

**Habit 2: Begin with the End in Mind**

*Define your mission and goals in life.*

**Habit 3: Put First Things First**

*Prioritize and do the most important things first.*

**Habit 4: Think Win-Win**

*Have an "everyone-can-win" attitude.*

**Habit 5: Seek First to Understand, Then to Be Understood**

*Listen to people sincerely.*

**Habit 6: Synergize**

*Work together to achieve more.*

**Habit 7: Sharpen the Saw**

*Renew yourself regularly.*

2. Develop EQ leadership skills
3. Learn to build up teamwork and trust with others



## **Junior EQ Coaching Training**

1. Using "Iceberg" to understand people.
2. Learn Powerful Listening Skills.
3. Building relationship with heart: connection, empathy and genuine communication.
4. Develop a health self-image and self-esteem by developing a mature value system.
5. Grow with the mission-driven life.
6. Apply the above skills to help at least 1 person during the program.  
To be a qualified Junior EQ Coach.