



8-Week Group Coaching Program To Unlock Your Emotional Brilliance

REWRITE YOUR EMOTIONAL BLUEPRINT & LEAD WITH CONFIDENCE

What If Your Leadership Struggles Aren't About Learning More... But About Unlearning What's Holding You Back?

You've read the books. Attended the leadership trainings. But something still feels off.

- 🔥 You second-guess yourself in high-stakes moments.
- 🔥 You replay conversations, wondering if you should have spoken up differently.
- 🔥 You hold back from stepping into your full potential—because of old fears and patterns.

The truth? Your emotional blueprint and narrative—the subconscious stories shaping how you think, react, and lead—are keeping you in a cycle of self-doubt and hesitation.

But here's the good news: They can be rewritten with self-awareness and emotional intelligence.

THIS ISN'T JUST ANOTHER LEADERSHIP PROGRAM— THIS IS A TRANSFORMATION.

The EQ Impact® 8-Week Group Coaching Program is designed to help you:

- ✓ Uncover & rewrite your emotional blueprint so you stop operating from outdated fears.
- ✓ Master emotional regulation & resilience so you can stay composed under pressure.
- ✓ Strengthen your communication & boundaries so you can lead with confidence.
- ✓ Develop emotional intelligence skills that will elevate your leadership presence.

By the end of 8 weeks, you won't just **THINK** like a leader—you'll **FEEL** like one.



Schedule some time

I'm Ready!



What You'll Experience Each Week

Before our 8-week journey begins, you'll receive exclusive onboarding materials to introduce you to the EQ Impact® Framework—our proven model designed to guide you through the four essential pillars of emotional intelligence: Self-Discovery, Emotional Mastery, Social Intelligence, and Relationship Building. These pre-program resources will help you reflect on your current leadership style, identify key emotional patterns, and prepare for deeper growth. You'll complete resources to get in the proper mindset to begin your journey, ensuring you step into our first group session focused, grounded, and ready to maximize your experience.

Week 1: EQ Impact®- Self-Discovery

Self-Leadership - Understanding how your emotional makeup impacts your leadership effectiveness. Begin the journey of leading yourself first by identifying core emotional triggers and patterns, and modeling resilience.

Emotional Intelligence Focus: Understanding your emotional blueprint (how your emotions shape your leadership style) and identifying self-awareness gaps.

Week 2: EQ Impact®- Self-Discovery

Leadership Identity – How the emotional stories you tell yourself shape your leadership identity and decisions. Identify your leadership identity.

Emotional Intelligence Focus: Uncovering and rewriting your emotional narratives. Recognizing how past experiences influence your current leadership behavior.

Week 3: EQ Impact®- Emotional Mastery

Composed Leadership – Mastering emotional regulation in high-pressure or stressful situations, leading with calm and clarity.

Emotional Intelligence Focus: Techniques to regulate your emotions and respond consciously to leadership challenges.

Week 4: EQ Impact®- Emotional Mastery

Leadership Component: Resilient Leadership – How to remain grounded and optimistic, especially during periods of uncertainty or change.

Emotional Intelligence Focus: Cultivating resilience to face challenges and lead your team through adversity.

Week 5: EQ Impact®- Social Intelligence

Composed Leadership – Mastering emotional regulation in high-pressure or stressful situations, leading with calm and clarity.

Emotional Intelligence Focus: Building and enhancing social intelligence to improve your communication, empathy, and relationships with others.

Week 6: EQ Impact®- Social Intelligence

Leadership Component: Trust-Based Leadership – Strategies to enhance trust within your team through transparency, vulnerability, and consistency in your emotional responses.

Emotional Intelligence Focus: Developing trust and using social intelligence to influence and motivate others.

Week 7: EQ Impact®- Relationship Building

Leadership Component: Conflict Resolution in Leadership – Tools for handling difficult conversations with emotional intelligence, leading with empathy, and seeking win-win solutions.

Emotional Intelligence Focus: Managing conflicts with emotional intelligence and facilitating productive, empathetic conversations.

Week 8: EQ Impact®- Relationship Building

Leadership Component: Legacy Leadership – Understanding the long-term impact of your leadership and emotional intelligence, building a legacy through relationships and influence.

Emotional Intelligence Focus: Managing conflicts with emotional intelligence and facilitating productive, empathetic conversations.

WHO IS THIS FOR?

- ✓ Leaders & professionals who want to sharpen their emotional intelligence.
- ✓ Entrepreneurs & business owners looking to elevate their leadership presence.
- ✓ High-achievers who feel stuck in old patterns and want a breakthrough.
- ✓ Anyone ready to step into their full leadership potential with confidence.

⊘ **This is NOT for you if...** you're looking for surface-level strategies without doing the deep inner work. This program is about real transformation—from the inside out.

WHY JOIN NOW?

- ◆ You could wait... but will anything change?
- ◆ You could figure it out alone... but how long will it take?
- ◆ Or you can join this program and get expert guidance, real-time coaching, and a proven EQ strategy that works.

This isn't just another course—it's a live, interactive coaching experience with a powerful community of leaders on the same journey.

INVESTMENT?

\$2,000

- ✓ 8 weeks of live coaching
- ✓ Exclusive tools & strategies
- ✓ Private group support,
- ✓ Bonus 1:1 VIP upgrade option

 Spots are limited—Join Now to Secure Your Place!

AVAILABLE FOR YOU!

...so nothing stands in your way.

Scholarships

Organizational Discounts

Payment Plan

Join the group you didn't even know you needed!

I'm Ready!

JMS CREATIVE
LEADERSHIP
SOLUTIONS