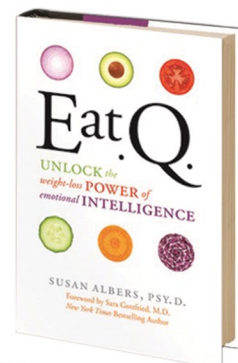


What Works for Leaders, Works for Eaters

Emotional intelligence (EI) is the ability to understand and manage your emotions. Research indicates that these

SKILLS HELP YOU WORK WELL WITH OTHERS AND BE A SUCCESSFUL LEADER.

Emotionally intelligent eating (Eat.Q.) is the ability to channel your emotions toward healthy food decisions and cool down cravings. It's no surprise that emotions like stress and anxiety make you vulnerable to stress eating and mindless overeating. Now you can move emotional intelligence skills from the conference room to the kitchen. Learn to choose more nutritious foods, stop stress eating and put an end to overeating.



Awareness of how your emotions impact yourself and others at work as well as your performance level

Ability to cope with stress well rather than taking it out on yourself or your coworkers

The internal drive to achieve keeps you moving toward a goal even in tough times

Being able to imagine how your coworkers feel. Ability to communicate an understanding of someone else's emotions

Communicating and working well with others. The ability to be tactful and build rapport
Adapted from Goleman, 1998

SELF-AWARENESS

SELF-REGULATION

MOTIVATION

EMPATHY

SOCIAL SKILLS

Aware of how your emotions impact the quality of your food decisions. Distinguishing physical vs. emotional hunger

Ability to cope with stress and other emotions without eating or turning to comfort food

Persistence to get back on track even after you've eaten in a way you didn't intend

Compassionate understanding of how difficult it is for you and others to change old, stuck eating habits

Ability to manage social eating at holiday parties and restaurants. Skillfully saying no to food pushers

Contact here:

www.eatq.com | Susan Albers PsyD @2013