7 Ways To Improve Your Emotional Intelligence

Coaching Blueprint

FUEL Your Session

Understand the current state

Frame the conversation



Set the context and the focus for the conversation



Help the coachee to gain awareness about themselves and what is currently happening

Explore the desired state



Help the coachee to identify and to think about the desired outcome. What's the end game?

Lay out a success plan



Help the coachee to explore the options and to create an action plan and next steps which will achieve the end goal

Power Questions		
¹ How would you describe	² What areas have you	3
the term Emotional	identified as Emotionally	What Emotional areas do
Intelligence? How would you	strong? Give some examples	you feel you need to
describe your personal	of where you have	develop? Why is this? Give
emotional intelligence?	displayed this	examples
Who would you say across	⁵ Why do you think some	⁶ Talk me through your
the organisation is very	people are not as emotionally	action plan. What activities
emotionally intelligent? How	intelligent? How can you tell	are you planning to do to help
do you know this? What	who these types of	develop your emotional
behaviours do they display?	people are?	intelligence?
Are there any particular areas you struggle with? Please give examples and explain why you think this is and what you could do about it.	⁸ Who have you asked for feedback about your emotions and behaviours? What was their feedback?	How are you going to use this feedback to develop yourself further? Has anything surprised you? Why is this?
 Is there any feedback that	11 Explain how you are	12 How are you managing
you do not agree with? What	giving more empathy to	things that upset you or bring
is this, and why don't you	yourself. How are you	out unwanted emotions?
agree? How are you going to	creating a more positive	Do you need any further
manage this?	environment around you?	support?