

## **Introductory Webinar Worksheet**

The purpose of this worksheet is to help you get the most out of the Pathways webinar.

You are strongly encouraged to print out the worksheet ahead of the webinar and fill it out as you go through the webinar since this experience is intended to be highly interactive.

### **Defining EQ and its Benefit to You**

EQ = \_\_\_\_\_

EQ is defined as both:

- 1) the ability to \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_ emotional responses
- 2) The ability to \_\_\_\_\_ others emotional status and \_\_\_\_\_ to appropriately

The 5 components of EQ are:

- 1.
- 2.
- 3.
- 4.
- 5.

### **A higher EQ has many many benefits including:**

- Greater self-awareness and ability to overcome personal challenges
- Cultivate greater teamwork, productivity and professional success
- Resolve difficult situations more effectively through improved communication
  - Improve relationships with your family, friends, co-workers,  
and most importantly with yourself.

### **Role #1 VICTIM**

<b>Where in My Life Do I Play the Victim?</b>	<b>What is the Price I Pay for Being a Victim?</b>	<b>Why is this important for me to change?</b>

### **Role #2 MARTYR**

<b>Where in My Life Do I Play the Martyr?</b>	<b>What is the Price I Pay for Being a Martyr?</b>	<b>Why is this important for me to change?</b>

### **Role #3 VILLAIN**

<b>Where in My Life Do I Play the Villain?</b>	<b>What is the Price I Pay for Being a Villain?</b>	<b>Why is this important for me to change?</b>

## The Fourth Role: Leadership

Now that you have clarified your roles in the previous exercise, let's look at how you can start taking steps to make some changes.

### What a Leader does

- Takes risks to be more **open, loving, understanding, communicative and honest**
- Holds others **accountable** in a loving way
- Practices authentic leadership by **supporting and empowering** those around them to reach their full potential

### What a Leader gets

- Feels more **in control** of life and has **closer relationships** with good **communication**
- Is surrounded by people that both support them and know they can be counted on
- Finds **more success** professionally and personally
- Is **proud** of who they are, **fulfilled** with life and **excited** to continue finding ways to grow

Once you have identified the roles you play and the price you pay....

You can then start taking leadership action steps in those areas of your life that will lead to change!

A key to your motivation will be how important this area of your life is to change.....in other words, is the price you pay great enough to start taking action?

# COMFORT ZONE



**All the Magic happens OUTSIDE your Comfort Zone!**

**Taking Risks moves you outside the Zone.**

**Are You Ready to Make Change Happen?!**

Change I want to make in my life:

On a scale of 1-10 **how important is this to me?** \_\_\_\_\_

What will my life look like 1 year from now if I **DO NOT MAKE** this change?

What will my life look like 1 year from now **when I DO MAKE** this change?



## **FINAL CONCEPT: SUPPORT**

Change is not easy, and often we are not given the EQ tools we need to make those goals and dreams happen. Knowledge and Support are key to actually affecting the changes. Nobody achieves any goal without the help of others.

## **Pathways Basic = EQ Knowledge & Toolbox**

The knowledge and EQ tools you will learn in the Virtual Basic course will help you make the positive changes that will leave you transformed.

You will leave the Virtual Basic with:

- 1) A step by step ACTION PLAN that will help move you closer to your goals and dreams.
- 2) 6 weeks of follow up coaching support with an experienced staff member.
- 3) Connection with Pathways community and Facebook groups for support.

### **[Graduate Video Testimonial Link](#)**

Don't miss out on the opportunity to **save \$100 (adults 23+) or \$50 (young adults <23)** on the Virtual Basic Course by signing up within **the next 72 hours**.

<b>Pathways Courses</b>	<b>In Person Tuition (Adult)</b>	<b>In Person Tuition (Young Adult)</b>	<b>Virtual Tuition (Adult)</b>	<b>Virtual Tuition (Young Adult)</b>	<b>Payment Plans Available</b>
Virtual Basic	\$595	\$295	\$495	\$245	✓
Webinar Savings =	\$100	\$50	\$100	\$50	
<b>Your Cost =</b>	<b>\$495</b>	<b>\$245</b>	<b>\$395</b>	<b>\$195</b>	✓

To take advantage of this savings opportunity, you need to take the following steps within 72 hours:

- 1) Complete a Virtual Basic application on the Pathways website
- 2) Put a deposit down with a payment plan OR pay in full

**Are you ready to make a life changing investment in yourself? Now is the time to take action!**

**<https://pathwaysseminars.com/courses/basic/>**