



# Achieve Emotional Awareness Coaching Timeline

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|--|--|---------------------------------|
| <p><b>Session 1</b><br/>Understanding EQ</p>           | <ul style="list-style-type: none"> <li>• What is Emotional Intelligence (EQ)?</li> <li>• Emotions are contagious</li> <li>• EQ assessment</li> </ul>           | <p>(your session date here)</p> |
| <p><b>Session 2</b><br/>Intrapersonal EQ</p>           | <ul style="list-style-type: none"> <li>• Thoughts and emotions</li> <li>• Emotion identification</li> <li>• Practicing emotional awareness</li> </ul>          | <p>(your session date here)</p> |
| <p><b>Session 3</b><br/>Self-Talk</p>                  | <ul style="list-style-type: none"> <li>• Awareness of self-talk</li> <li>• Identify self-talk triggers</li> <li>• Tools for overcoming self-doubt</li> </ul>   | <p>(your session date here)</p> |
| <p><b>Session 4</b><br/>Overcome Negative Emotions</p> | <ul style="list-style-type: none"> <li>• Overcome negative emotions</li> <li>• Identify emotional triggers</li> <li>• Reframing your thoughts</li> </ul>       | <p>(your session date here)</p> |
| <p><b>Session 5</b><br/>Stress &amp; EQ</p>            | <ul style="list-style-type: none"> <li>• Venting and reducing stress</li> <li>• Practicing gratitude</li> <li>• Positive thinking and affirmations</li> </ul>  | <p>(your session date here)</p> |
| <p><b>Session 6</b><br/>Interpersonal EQ</p>           | <ul style="list-style-type: none"> <li>• Developing empathy</li> <li>• Practicing rapport</li> <li>• Handling others' emotions</li> </ul>                      | <p>(your session date here)</p> |
| <p><b>Session 7</b><br/>Banish Judgement</p>           | <ul style="list-style-type: none"> <li>• Overcoming judgement</li> <li>• Releasing judgement</li> <li>• Banish perfectionism and self-judgment</li> </ul>      | <p>(your session date here)</p> |
| <p><b>Session 8</b><br/>Healthy Communication</p>      | <ul style="list-style-type: none"> <li>• Healthy communication strategies</li> <li>• Level up your listening skills</li> <li>• Presumptions</li> </ul>         | <p>(your session date here)</p> |
| <p><b>Session 9</b><br/>Build Self-Confidence</p>      | <ul style="list-style-type: none"> <li>• Practicing confidence and certainty</li> <li>• Confidence boosters</li> <li>• Hope and joy</li> </ul>                 | <p>(your session date here)</p> |
| <p><b>Session 10</b><br/>Acceptance</p>                | <ul style="list-style-type: none"> <li>• Accepting what is</li> <li>• Pain and pleasure</li> <li>• Cultivating mindfulness</li> </ul>                          | <p>(your session date here)</p> |
| <p><b>Session 11</b><br/>Become Your Best Self</p>     | <ul style="list-style-type: none"> <li>• Present moment awareness</li> <li>• Who you want to be</li> <li>• What it'll take to be who you want to be</li> </ul> | <p>(your session date here)</p> |
| <p><b>Session 12</b><br/>Celebrate Your Milestones</p> | <ul style="list-style-type: none"> <li>• Creating a reward system</li> <li>• Celebrate your milestones</li> <li>• Affirmations for transformation</li> </ul>   | <p>(your session date here)</p> |



# WEEKLY REFLECTION

What did I achieve this week?

What did I learn this week?



What made me happy this week?

What was challenging this week?



Best moment of the week:

Intentions for next week:

