



NeuroSpark+

EQ + PQ® Leadership Takeaways

Inner Work = Outer Impact

Real emotional intelligence isn't just awareness - it's the ability to apply that awareness in moments that matter.

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The Synergy of EQ + PQ®

How inner work becomes everyday leadership in action.

Emotional Intelligence (EQ)

Understanding and managing emotions



Positive Intelligence (PQ)

Building mental fitness

Leadership capacity you want to build and tells you what matters.

The goal | The muscle | The CAPACITY

1. Self-awareness - Insight or internal habits
2. Self-regulation - Respond > react
3. Empathy - Tune in for connection
4. Social skills - Navigate relationships
5. Motivation - Act from internal purpose

Practical, brain-based training that helps you get there.

The activation | The workout | The PRACTICE

A neuroscience-based approach that helps you interrupt reactive habits (Saboteurs) and strengthen positive ones (Sage Powers) so you can lead with clarity, calm, and confidence.

The Saboteur Assessment

This 5–7 minute quiz helps you identify your top Saboteurs—those internal patterns that hijack your clarity, confidence, and communication when it matters most.



4 Daily Practices to Build EQ with PQ®

1. Prime your Sage daily

Begin the day with a short Sage practice. Build emotional capacity.

2. Catch your Saboteur

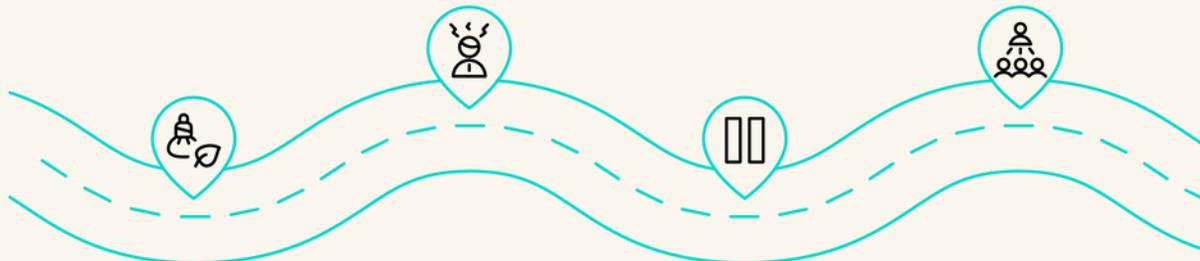
Notice and label reactions from stress, control, or self-doubt. Label it.

3. Pause and shift

Use sensory focus or Accept/Convert reframe to shift. Reset before reacting.

4. Activate your Sage

Choose to lead with curiosity and empathy. Ask: What's the most Sage response?



Want to Go Deeper?

- Take the free Saboteur Assessment (scan QR code above)
- Book a complimentary 30-min debrief with Yush (scan QR code to the right)

