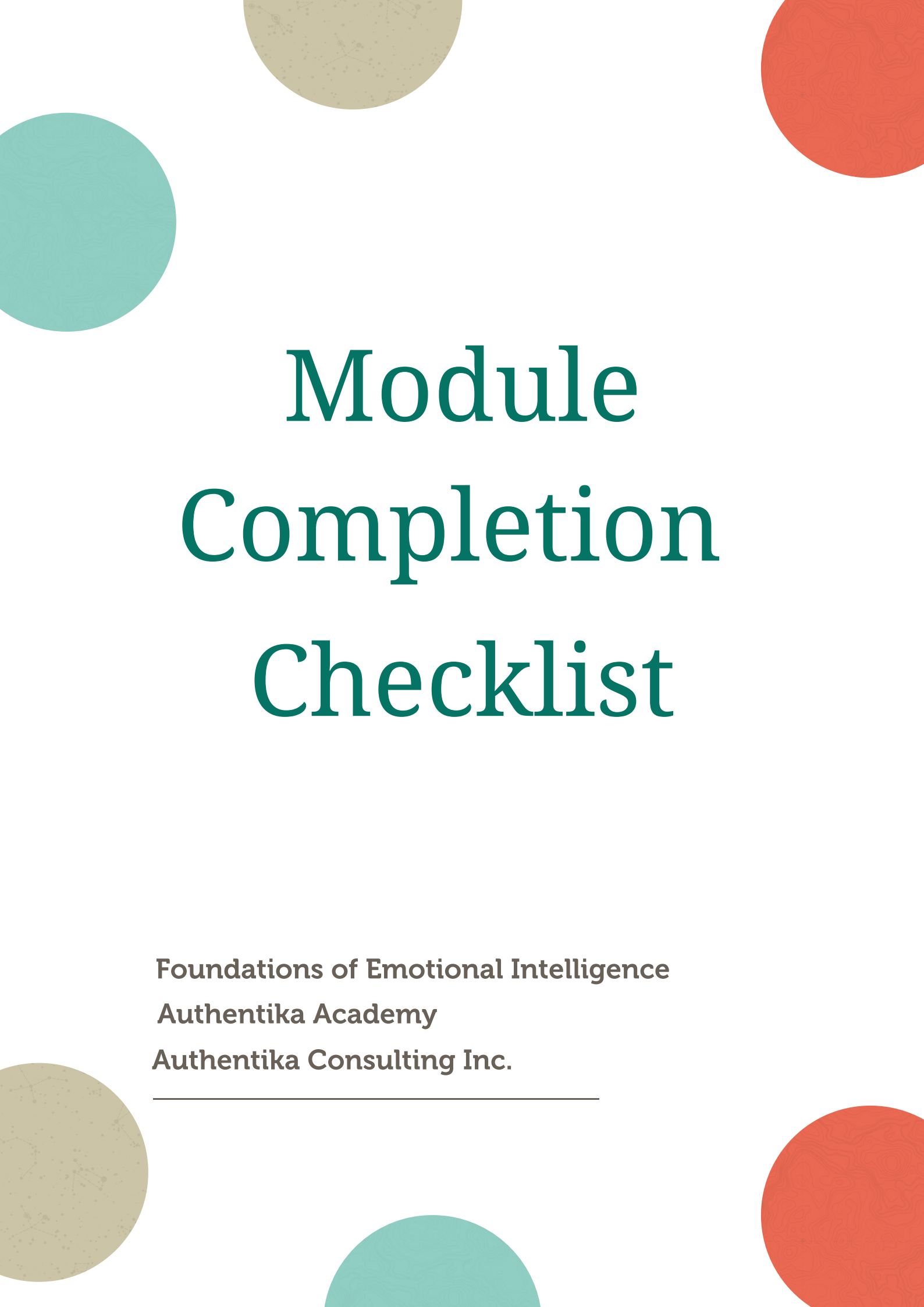


A teal spiral-bound notebook with a white cover. The spiral binding is on the left side. The text is centered on the cover.

# Foundations of Emotional Intelligence

MODULE 1

## Module Completion Checklist

The page features four large circles in the corners, each with a different pattern: a teal circle with a wavy pattern (top-left), a gold circle with a constellation pattern (top-center), a solid red circle (top-right), and a gold circle with a constellation pattern (bottom-left).

# Module Completion Checklist

Foundations of Emotional Intelligence  
Authentika Academy  
Authentika Consulting Inc.

---

# MODULE 1

# COMPLETION

# CHECKLIST

*Put a checkmark in the box to confirm*

- ☐ Did you receive the link to complete the online EQ assessment? (e-course Bundle)
- ☐ Did you complete the online EQ assessment? (e-course Bundle)
- ☐ Did you schedule your confidential EQ assessment report debrief call? If you didn't receive a calendar scheduling link automatically, you can schedule it directly by using the scheduling link: <https://go.oncehub.com/motivatorsassessmentreport>.

**Congratulations and well done! How will you celebrate this milestone?**

**Complete this sentence to capture how you'll take action to celebrate your accomplishment and the motivation it took to get you here:**

**I completed Module 1 of this ecourse and I decided to recognize my accomplishment by \_\_\_\_\_ and will do so on this date \_\_\_\_\_.**

## Resources

In Module 1, references were made to books, videos, website and apps to support your learning.

Whether or not you're an avid reader, Audible is a helpful way to listen and learn while you're in transit, commuting to work, doing chores around your home or absorb the content in a different format.

### Books

#### **Emotional Intelligence: Why it Can Matter More than IQ**

<https://amzn.to/3fJ3dz4>

by Daniel Goleman

#### **Emotional Agility**

By: Susan David

<https://amzn.to/37IC7p2>

#### **The Emotion Code**

By: Bradley Nelson

<https://amzn.to/30YqOI5>

#### **Audiobook Emotional Intelligence: 21 Proven Ways to Improve Your People Skills, Social Skills, Relationships, and Self-Mastery: Emotional Intelligence 2.0, Book 1**

By: Erik Skinner

<https://amzn.to/37VnajT>

### Videos

#### **Dr. Travis Bradberry TEDxUCIrvine**

<https://youtu.be/auXNnTmhHsk>

## Assessments



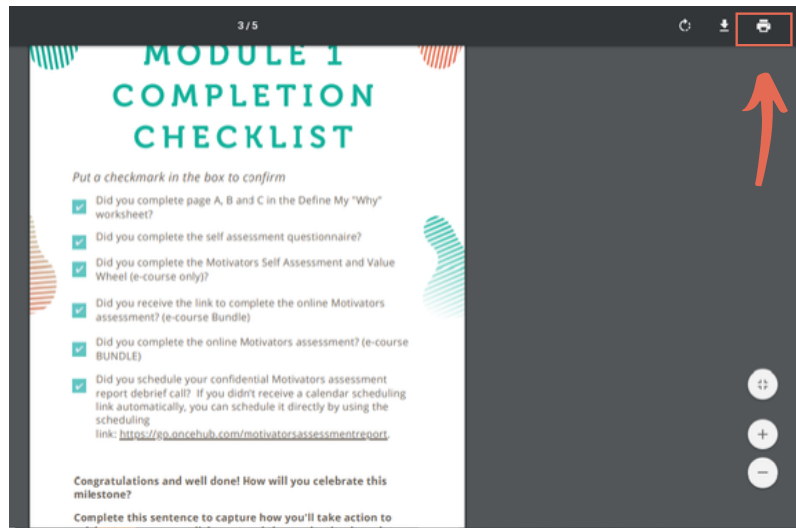
Authentika Consulting is international accredited as an advanced certified practitioner in providing coaching for evidence-based assessments.

<https://authentikaconsulting.com/assessment-tools>

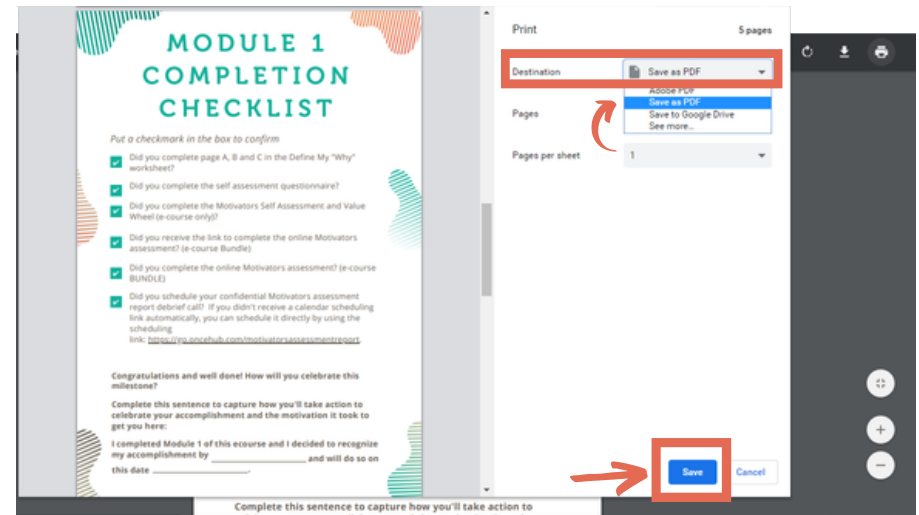
For any questions or for more information, please contact [info@authentikaconsulting.com](mailto:info@authentikaconsulting.com)

# Guide on how to save your worksheet

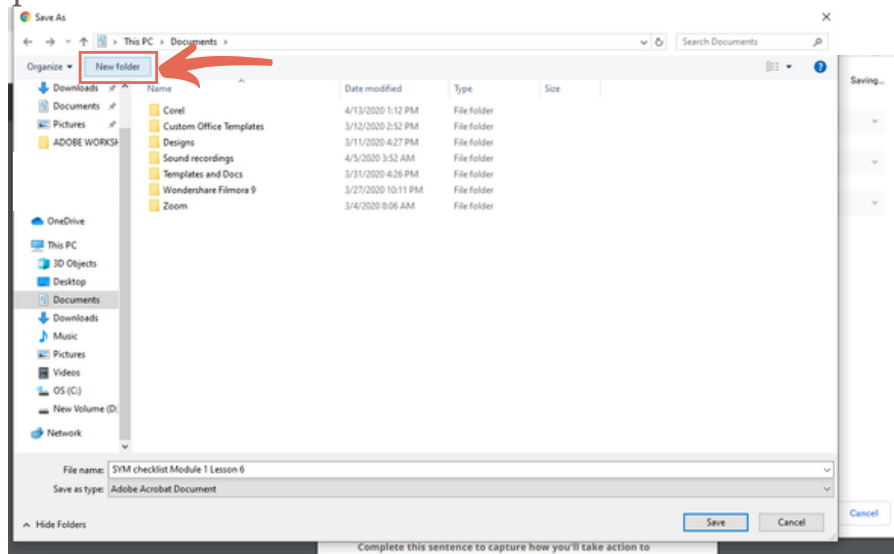
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

