BAR40
WWW.BAR40FS.COM
FRACTIONAL SOLUTIONS

SHRM RECERTIFICATION PROVIDER
SHRM-CP | SHRM-SCP



BAR40 Emotional Intelligence Practitioner Certification

Leadership Development Program | *From Awareness to Impact*

A practical leadership program that equips professionals to apply emotional intelligence to communication, decision-making, and team performance.

As Seen On
abc CBS NBC FOX USA TODAY Forbes

PROGRAM OVERVIEW

- 8-hour interactive leadership training
- Practical frameworks and tools for real workplace situations
- Built on the BAR40 Performance EQ framework
- Designed for stronger influence and communication skills
- Includes certification and post-training development tools

WHAT PARTICIPANTS LEARN

Core EQ fundamental skillsets including:

- Identifying emotional triggers
- The STOP framework for high-pressure situations
- Box breathing and emotional regulation techniques
- Active empathy and listening strategies
- Communication techniques that build trust
- Managing difficult conversations with confidence
- Creating a 30-day EQ development plan

LED BY ERIC BARTOSZ

Training led by Eric Bartosz, Founder of BAR40

Bestselling author | Keynote speaker | Leadership columnist
Executive trainer specializing in emotional intelligence and leadership development.

- 25+ years of executive leadership experience
- MBA professor teaching leadership and strategy
- Creator of the BAR40 Performance EQ framework
- Facilitator of leadership training programs for organizations and executive teams

The BAR40 EQ Framework

1. **Self-Awareness**
   Understanding emotional patterns, triggers, and behavioral impact.
2. **Self-Management**
   Creating the pause between stimulus and response and staying effective under pressure.
3. **Social Awareness**
   Reading emotional dynamics, body language, and group energy.
4. **Relationship Management**
   Building trust, navigating conflict, and strengthening relationships.

Ideal For:

- Business leaders and executives
- Managers and team leaders
- Sales and client-facing professionals
- HR and talent development professionals
- High-potential employees preparing for leadership roles.

BAR40 CERTIFIED EQ PRACTITIONER BAR40 EMOTIONAL INTELLIGENCE

Credentials & Program Background

BAR40 Emotional Intelligence Practitioner Certification

Includes:

- Certificate of completion
- LinkedIn credential designation
- Digital certification badge
- EQ field guide and development tools
- 30-day growth framework

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CELEBRATING 10 YEARS 2016–2026