

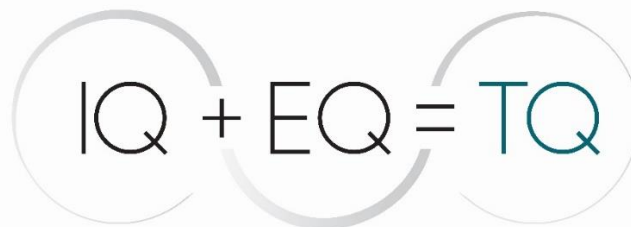
[Teresa Quinlan](#) – Executive Coaching, Leadership Development, Speaker, Consultant

An Entrepreneur and Founder of her personal brand and the formula $IQ+EQ=TQ$, Teresa is passionate about emotional intelligence as the key ingredient to leveraging your IQ and personality and achieving the greatest levels of performance success.

Teresa has been focused on transforming individuals, teams and organizations to greater levels of performance since 1998 and has experienced leading teams and organizations through the highest of highs and the most challenging changes.

Having spent over 25 years cultivating a rich and diverse set of skills, knowledge, behaviours, coaching and training new and experienced leaders, and mentoring, Teresa has developed shoot straight coaching, training, and mentoring techniques which foster opportunities for sustainable behavioural changes that lead to exceptional results; whether these results are to improve an individuals overall sense of well-being, a teams ability to be innovative, collaborative, self-organizing and self-directing, or an organizations ability to truly live their values throughout every uphill battle and downhill celebration.

The road for Emotional Intelligence can begin with the EQi-2.0 assessment; providing the baseline markers for one's current EQ skill set. Development of EQ is done in many ways including: 1:1 Coaching, IEQdership – Leadership Development through Emotional Intelligence Program, Webinars, Speaking Engagements, Team coaching, and consultation.



Connect via LinkedIn www.linkedin.com/in/teresaquinlan12

Learn more at www.iqeqtq.com

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