

# EQP and Team Collaboration

With Alison Whitmire  
and Chris Yoko

# Outline

- I. How to ask questions (use screenshots), answer a poll
- II. Goals of the conversation
- III. Chat highlights
- IV. Next time: Register here
- V. Resources

# How to Ask Questions via Chat

1. Click the “Chat” icon:



2. Select Yoko-Lauren or Yoko-Julia.

3. Type the message you want and press **Enter** to send.

4. We'll layer in your questions as we go!



# Introductions



## Chris Yoko

Chief Executive Officer

- ✓ Over 85,000,000 People Positively Impacted
- ✓ Top 1% Employee Engagement (OfficeVibe)
- ✓ Has Also Used Powerpoint

**Inc.**

The Washington Post

**MSNBC**

Bloomberg

smart **CEO**

**BBC**

Reader's  
**Digest**

# Introductions



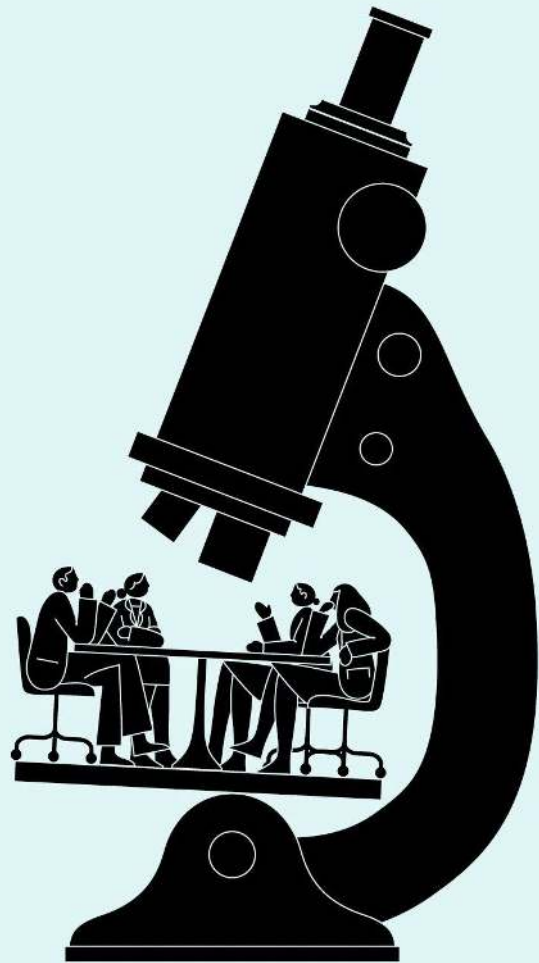
## Alison Whitmire

President of Learning in Action

- ✓ a Professional Certified Coach, a Master EQ Practitioner and a Certified Narrative Coach
- ✓ certified as a 200 RYT Yoga Teacher and currently enrolled in a Mindfulness Meditation teacher training
- ✓ a TEDx speaker and a 3 time TEDx Conference organizer

# Goals of Today's Conversation

- Discuss the foundational element of *exceptional* collaboration.
- Share *How* to develop this with your team on any project.
- Share *What* tools, tips, and resources you can use to do this.



<https://www.nytimes.com/2016/02/28/magazine/what-google-learned-from-its-quest-to-build-the-perfect-team.html>

# Creating a Safe Space

- What is a safe space?
- How to create a safe space?
- Indicators of a non-safe space and *change* it?
- Consequences of a non-safe space?



# Learning in Action Resources



Want to learn more about our courses?

Go to [LearningInAction.com/Courses](https://LearningInAction.com/Courses)

GET THE EMOTIONS GUIDE!

**Text EMO to 555888**

TAKE THE EQ PROFILE!

**Text EQP to 555888**



# Follow Alison Whitmire



@LearninginActionEQinAction



@learninginactiontechnologiesinc  
@alisonwhitmire



@EQinConflict  
@CEOCOACHDC



[www.learninginaction.com](http://www.learninginaction.com)



#healthedivide

# For more...



[www.YokoCo.com](http://www.YokoCo.com)



[questions@yokoco.com](mailto:questions@yokoco.com)



[www.LearningInAction.com](http://www.LearningInAction.com)



[info@learninginaction.com](mailto:info@learninginaction.com)

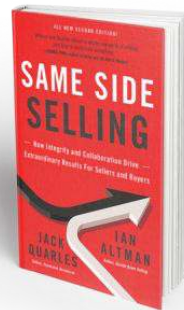
# Next time:



## Ian Altman

Speaker, Advisor, Author

Having grown his own businesses to over \$1 billion in value, he shares that experience and helps organizations better position themselves to partner with their clients and achieve remarkable results.



CLIENTS  
INCLUDE:



ThermoFisher  
SCIENTIFIC

teradata.



Bell Medtronic



AS SEEN IN:

Forbes



Johnson & Johnson



sodexo\*

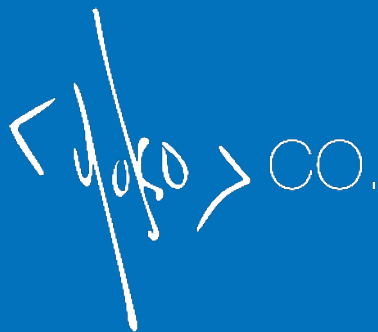


PSNI ALLIANCE



npr

Inc.



EQP and Team Collaboration Webinar

**See you next time!**