

# REEL EQ

A JOURNEY THROUGH YOUR FAVORITE MOVIES  
TO EMOTIONAL INTELLIGENCE

## ACT ONE: SELF AWARENESS

There's no place like...**REEL!** Take the first step of the Emotional Intelligence journey by joining us for Act 1: Self Awareness. In this 2-hour **REEL Experience**, participants will explore their **Top 10 movies** to rediscover and share their personal story.



### Teams Receive:

- 2-hour **REEL Experience** facilitated virtually or in-person
- Our new **REEL App** that helps team members discover their Top 10 movies, capture guided insights, and revisit pull-through afterwards
- For Team Leader: Post-workshop summary with coaching strategies

Investment:  
**\$1000** for up to  
10 participants

*(\$50/participant  
over 10)*

**Contact Us:**

**678-757-4202**

[reelinfo@reelexperiences.com](mailto:reelinfo@reelexperiences.com)

### CONTINUE YOUR JOURNEY

Monthly subscriptions include **all 4** facilitated experiences, along with accountability and application

Self-Awareness

Self-Management

Self-Leadership

Empathy



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

# Now, More Than Ever... We Need to See & Be Seen More Clearly

## What is REEL?

A team development experience that uses the visual power of your favorite movies to increase engagement, collaboration and productivity.

## How Does it Work?

Team members submit their Top 10 movies ahead of time. Then, through facilitated breakouts, we explore their favorite movies through different lenses, asking questions and watching clips. Finally, the team presents their insights, leveraging their movies to visually articulate their stories and accelerate authentic connection.

## Why Now?

Your team members' emotional well-being is directly linked to their engagement and productivity. As a leader, you need tools to demonstrate support/compassion in a fun, accessible and meaningful way. The most productive use of this moment is to invest in your people by helping them rediscover their story and re-engage with your company's story.

*"REEL is a great framework to have incredible, effective conversations to help the work move forward more effectively."* - Brittany Roberts, Learning Delivery, CHICK-FIL-A

## Companies We've Served



## Contact Us

EMAIL

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678-757-4202



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# REEL EQ

**MONTHLY  
SUBSCRIPTION**  
EXPERIENCE THE  
FULL JOURNEY

Want to maximize your investment with lasting impact? Over 12 months, experience all 4 acts of the full journey, while taking your team through all 4 aspects of Emotional Intelligence.

## Self-Awareness



**Dorothy** Character

**Find your story by discovering...**

Your heroic traits

**The Witch** Conflict

What comes against you

**Glinda** Change

Your catalyst for growth

## Self-Management



**Oz** Desire

**Control your responses by...**

Understanding what drives you

**Poppies** Self-Sabotage

Recognizing how you can be your own worst enemy

**Kansas** Home

Discovering the environment where you thrive

## Self-Leadership



**Scarecrow** Brains

**Uncover the strengths/gaps in...**

How you lead with your mind

**Tinman** Heart

How you lead with your heart

**Lion** Courage

How you lead with your actions

## Empathy



**Ruby Slippers** Compassion

**Increase empathy by...**

Putting yourself in someone else's shoes

**Toto** Support

Learning how to be a good supporting character to others

## Bonus:

Each month we will increase your ROI by offering additional content and coaching that will help your team pull-through their learning into action and accountability.

**To Subscribe:**  
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