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.



- 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

CONTINUE YOUR JOURNEY Monthly subscriptions include all 4

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

Investment: \$1000 for up to 10 participants

(\$50/participant over 10)

Contact Us:
678-757-4202
reelinfo@reelexperiences.com

Self-Awareness

Self-Management

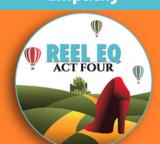
Self-Leadership

Empathy











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

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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







































Contact Us

EMAIL

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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.

REEL EQ ACT ONE

Self-Awareness

Character

Your heroic traits

The Witch

Dorothy

Conflict

What comes against you

Find your story by discovering...

Control your responses by...

Uncover the strengths/gaps in...

Glinda

Change

Your catalyst for growth



Self-Management

Understanding what drives you

Poppies

Oz

Self-Sabotage

Recognizing how you can be your own worst enemy

Kansas

Home

Desire

Discovering the environment where you thrive



Self-Leadership

Brains

How you lead with your mind

Tinman

Scarecrow

Heart

How you lead with your heart

Lion

Courage

How you lead with your actions



Empathy

Compassion

Increase empathy by...

Ruby **Slippers**

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: 678-757-4202 reelinfo@reelexperiences.com

