

Clara Doctolero, PsyD of Ei Resources to be Featured on CUTV News Radio

SEATTLE, WASHINGTON, USA, January 10, 2017 /EINPresswire.com/ -- A great leader can identify their emotions and be emotionally effective in their approach. Indeed, the key to personal and professional success is emotional intelligence: the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

Clara Doctolero, PsyD, is the founder of Ei Resources, an executive coaching practice specializing in developing and guiding emotional intelligence skills.

"Even great leaders can benefit from this coaching," says Clara. "Unlike your IQ, emotional intelligence can be developed and improved."

As a therapist, Clara specialized in dialectical behavioral therapy, or DBT, a more skills-based approach to therapy. When paired with DBT, all the skills are aimed toward developing higher emotional intelligence; decision making, stress management, emotional self-awareness, and interpersonal relationships are all enhanced by emotional intelligence. Research in the business world and psychological world has shown that these methods are incredibly effective.



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Clara Doctolero, PsyD

“I am a natural DBT therapist but I wanted to reach more people,” says Clara. “Not everyone who can benefit from therapy goes to therapy, but everyone goes to work and you can leave a better person than when you walked in. I started to notice executives who were coming to me for DBT were interested in developing these skills. It opened my eyes to a population that could utilize these skills in their leadership. That’s the part that I’m seasoned in and sets me apart from other executive coaches.”

And this skills-based approach is incredibly practical. In session, Clara will often utilize two unique assessment tools: the EQ-i 2.0 and the EQ 360, which measure emotional intelligence. The EQ-i provides both coach and client with hard data from which to begin the coaching process to develop goals, increase empathy and decrease impulsiveness. Six months later, clients can take the assessment again and see their progress because it’s measurable.

Clara says the long-term of her practice is to help create a more emotionally literate society, a society of individuals who know how to manage anger, shame and change.

"I love seeing the reaction from my clients when they get it," says Clara. "That's what drives me because it communicates to me how much this work makes sense. My goal is for individuals to begin their emotional intelligence journey as soon as they can."

CUTV News Radio will feature Clara Doctolero in an interview with Doug Llewelyn on January 12th at 12pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Ei Resources, visit <http://www.emotionalintelligencetools.com>

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