

11 high EQ moves that build trust and influence

Practical,
powerful,
and totally
learnable



1

Notice what's unsaid.

Who's silent?
Who looks tense?

Why

Reading the room is
a power move.



2

Name the emotion in the room

“Feels like we’re stuck.”

Why

Naming it disarms it.



3

Manage your own tone

Frustrated ≠ unfiltered

Why

EQ is volume control.



4

Pause strategically

It's not awkward.
It's intentional.

Why

Space changes
outcomes.



5

Ask before you assume

“Want advice,
or just space to vent?”

Why

Respect starts with
being on the same page.



6

Say “you first” in tense moments

Not to defer...

Why

To understand
before reacting.



7

Use questions to lead

“What would make
this feel doable?”

Why

Opens doors,
not debates.



8

Reset instead of react

A walk. A breath. A playlist.

Why

Regulated leaders
regulate the room.



9

Normalize not knowing

“That’s a new one for me.
Tell me more.”

Why

Curiosity beats cover up.



10

Practice presence over polish

Your energy speaks louder
than your resume.

Why

People remember how
you made them feel.



11

Give feedback *for* someone, not at them.

“Here’s something I’ve noticed...”

Why

Kind ≠ soft



**These are habits
that **change how**
people respond
to you.**

Because they feel
seen, heard, and safe.
Isn't that what we all want?



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