

TERESA QUINLAN

Leverage the power of emotional intelligence.



I am a certified coach, certified EQi-2.0 Emotional Intelligence practitioner, facilitator, and speaker with 20+ years professional experience in coaching, leadership, and emotional intelligence.

What is meaningful to me is engaging with professionals and organizations that see themselves at that next level; that better place within themselves, who want to be comfortable and confident in their emotions, and who strive to elevate the culture of the workplace they are part of, as they reach for excellence (individually and as a group).

Emotional intelligence is the intersection where cognition and emotion meet. It makes possible your capacity for resilience, motivation, empathy, reasoning, stress management, communication, and your ability to read and navigate a wide range of social situations. When mastered, your emotional intelligence unlocks the highest capacities of your IQ.

EXPERIENCE

30+ clients of varying size & industry

ATB Financial

start.ca

STELLAR TECHNOLOGY SOLUTIONS, LLC
a Ren Company



Lifescan
Diabetes Institute

mediaocean

SERVICES

- **Executive coaching**
\$2900 (Hourly available)
- **Leadership development**
\$2,300 - \$4,000 (Hourly Available)
- **Organizational EI**
\$2,750 - \$13,500
- **Speaking**
\$7,000 - \$8,500

PUBLICATIONS

- [Website](#)
- [Happy Engineer Podcast #31 – Increase EI and Performance](#)
- [Contributing Author: Secrets of Next Level Entrepreneurs \(Book\)](#)

RECOMMENDATION

"When I look back at my first conversation with Teresa and think about how far I've come in terms of my confidence, knowledge, assertiveness, problem solving ability, relationship building, and overall business acumen, it has been remarkable. I learned that I had to really work on adopting new habits and practices that were going to ultimately lead me to my fullest potential. Teresa's work has been so impactful to me that I've since been promoted to a Chief HR Officer shortly after our engagement concluded. The work that Teresa has done has not only been meaningful to me, but she is also helping the larger organization as well. We have developed a formal executive coaching program around her. She has already started coaching several other SVPs in the organization and they are seeing the benefits of their time spent with her. We have also been able to leverage her skills and talents to lead the senior executive offsite and have made major strides. Teresa is all about self-mastery, depth of experiences, openness and connectivity. Her style is direct - yet fun and inspiring. I am so grateful for having the opportunity to work with her."

- Nicole Brown, CHRO Mediaocean