

## Tool Selection

EQ Topics; WHY Questions

I am looking for **clarity** and **self awareness**

Applies to WHY questions and are considered EQ topics such as:

- *Why is this hard?*
- *Why is this relationship difficult?*

They are:

- **Significant**
- **Unresolved**
- **Emotionally complex**

### Tool

#### [Four-Step Forum Exploration](#)

Use the Four-Step Forum Exploration to tackle EQ topics.

IQ Topics; What & How Questions

I am looking for **learnings** and **ideas**

Applies to WHAT & HOW questions and are considered IQ topics such as:

- *What might I be missing?*
- *How could I improve?*

### Tools

#### [Brainstorming](#)

Generate many creative ideas, as a group

#### [Round Table Discussions](#)

Share resources to “the table” & “take what resonates for you”

#### [Blind Window](#)

What could I be missing?

#### [Experts](#)

Internal or external experts share knowledge.