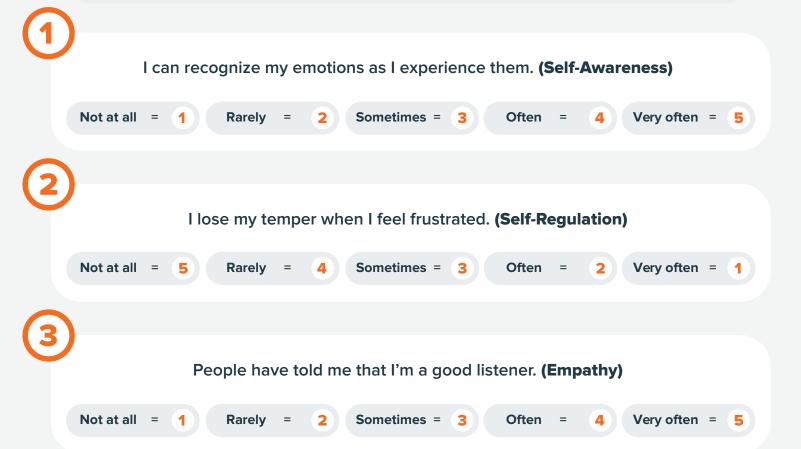
#### QuickQuiz

# How Emotionally Intelligent Are You?

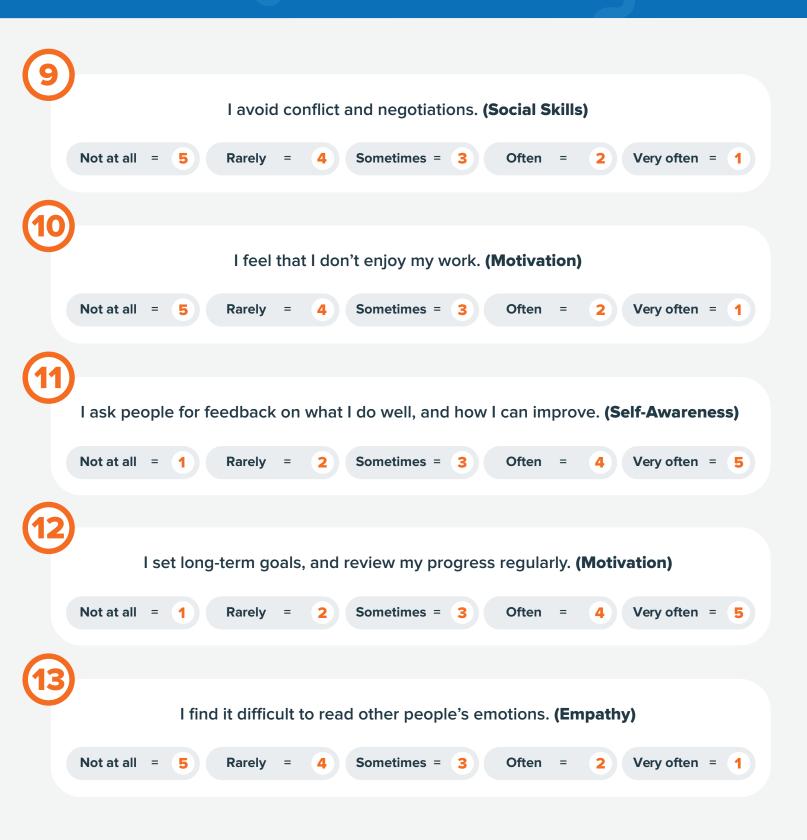


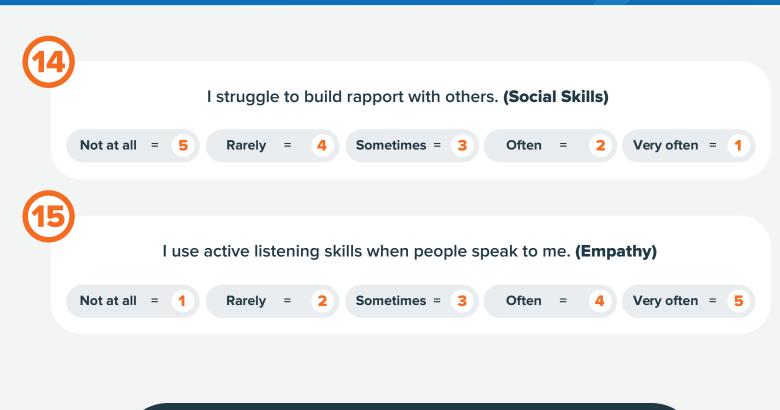
#### **Instructions**

Evaluate each statement as you actually are, rather than as you think you should be. When you've finished, calculate your total score and use the table that follows to think about next steps.











#### So... what does your score mean?

The final section of this quiz enables you to interpret your score and identify the key areas to work on next.

#### **Score Interpretation**

15-34

You need to work on your emotional intelligence. You may find that you feel overwhelmed by your emotions, especially in stressful situations; or, you may avoid conflict because you think that you'll find it distressing.

Don't worry – there are plenty of ways that you can build emotional intelligence, starting now.

35-55

Your emotional intelligence level is... OK.

You probably have good relationships with some of your colleagues, but others may be more difficult to work with.

The good news is that you have a great opportunity to improve your working relationships significantly.

56-75

Great! You're an emotionally intelligent person. You have great relationships, and you probably find that people approach you for advice.

Researchers have found that emotionally intelligent people often have great leadership potential. Realize this potential by seeking opportunities to improve even further.

### **Key Points**

Developing high emotional intelligence (or EI) is incredibly important for a successful career. When we have high levels of emotional intelligence, we're able to build strong working relationships and manage difficult situations more effectively.

Influential psychologist Daniel Goleman developed a framework of five elements that define emotional intelligence:

**Self-Awareness** 

**Self-Regulation** 

**Motivation** 

**Empathy** 

**Social Skills** 

Even if you already have many of the elements of emotional intelligence, it's important to look for opportunities to build it further. This will increase your leadership potential, and improve the quality of your relationships.