

EQ-i 2.0 Lite Assessment Snapshot

Emotional Intelligence Empowers Leadership: Finding Balance with the Power of EQ-i 2.0

This short self-check is designed to give you a personal snapshot across five domains of Emotional Intelligence. It is not a full EQ-i 2.0 assessment, but a practical reflection tool to help you start identifying your strengths and growth areas.

Review the totals emailed to you according to the directions below and then answer the reflection prompts. Please have this handout completed by the beginning of our Session.

Scoring

1. Average all 20 items to get an overall EQ snapshot score.

Interpretation:

- 4.2 – 5.0 → Strength: Leverage this domain as a leadership asset.
- 3.0 – 4.1 → Moderate: Solid, but worth developing further for stronger impact.
- 1.0 – 2.9 → Growth area: Great place to focus intentional practice and coaching.

Reflection Prompts

1. Which domain did you score the highest in? How do you see this strength showing up in your daily life or leadership?
2. Which domain scored the lowest? What situations highlight this growth area?

3. What small, practical action can you take this week to build on your strengths?

4. What small, practical action can you take this week to address your growth area?

