

# Top 3 EQ Questions for 2021

## 01: IT'S YOUR CHOICE

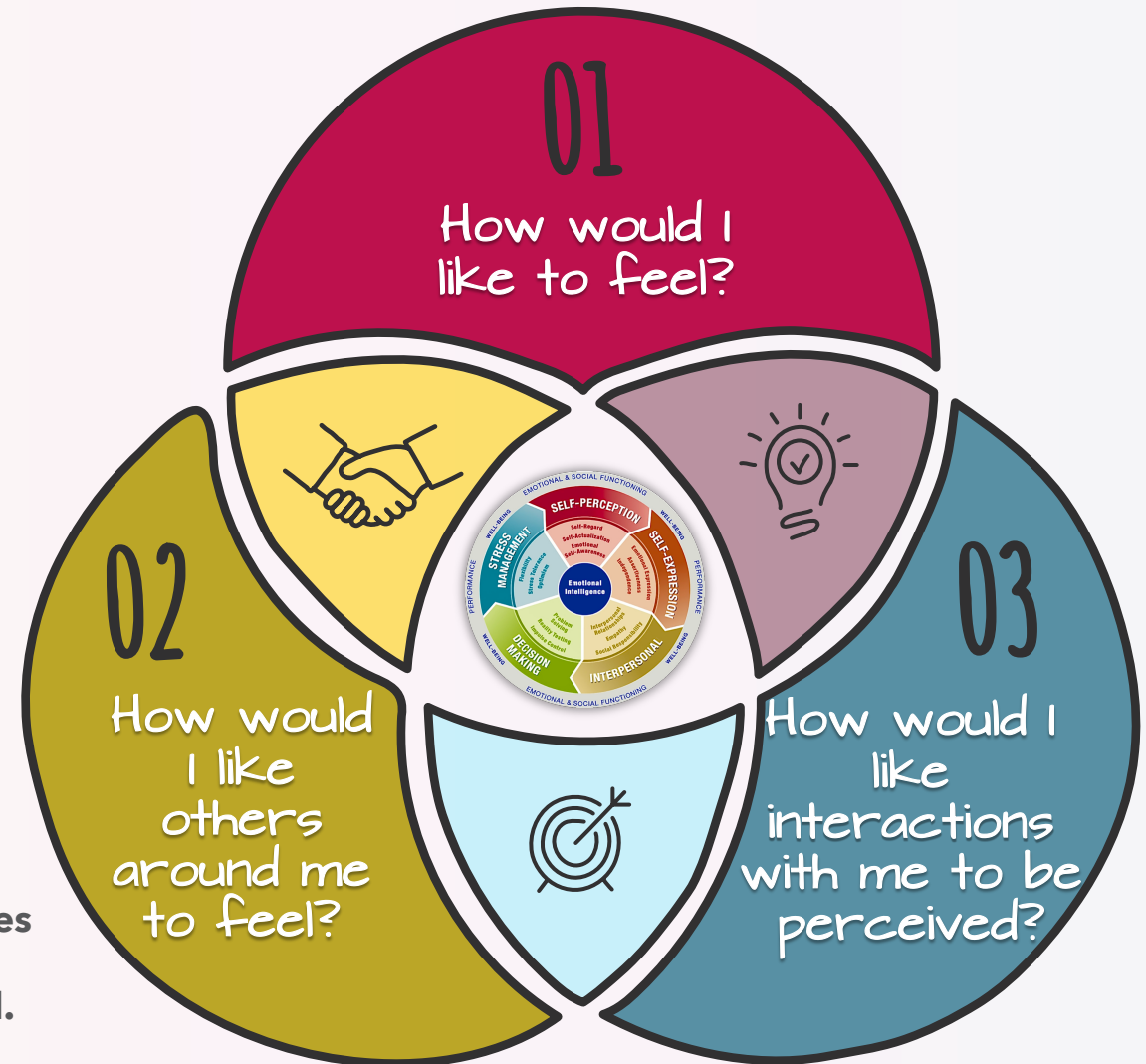
Our entire reality is constructed by the feelings and meaning we assign to emotion-based perceptions. There is no meaning to any situation, experience, or moment other than the one we choose.

## 02: EMOTIONS ARE CONTAGIOUS

We can change the energy of a room by entering it, virtually or IRL. Emotions are shared across individuals. Known as emotional contagion, conscious reasoning, analysis and imagination are emotion-based skills that have all been found to be synchronous within teams.

## 03: WELCOME TO YOUR BRAND

When we participate in a meeting, send an email, or conduct any interpersonal interaction with others, their perception of how they feel about the encounter becomes our reputation. It's worth choosing our words and behaviours wisely, for they represent our personal brand.



To gain self-awareness about how your emotions influence your behaviour and affect everyone around you, book an EQ-i2.0® assessment at: [simplesoul.ca](https://simplesoul.ca).



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# EQ-i2.0® Inventory Assessment

## WHAT DOES THE EQ-i2.0® MEASURE?

The EQ-i2.0® inventory is comprised of 15 factors across 5 categories of emotional & social functioning. These skills, foundational in all team dynamics, form the building blocks of abilities such as communication, resilience, and time management that can be mapped theoretically and empirically to effective leadership competencies, strategic decision making, and to overall performance.

## WHERE IS THE EQ-i2.0® USED?

It's the EQ inventory assessment used by the Government of Canada and the provinces of Ontario and Saskatchewan and is widely used by leading companies such as Google, Microsoft, Purolator, TELUS, Rogers and many others.

## WHY IS EQ IMPORTANT?

The World Economic Forum speaks of a Fourth Industrial Revolution and predicts in its Future of Jobs Report that EQ is one of the key competences for all future-ready leaders.



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