

Did you know that 90% of top performers have high emotional intelligence (EQ)?

To determine your EQ score, EQ-i Coach offers assessments that explore skills and behaviors using the conceptual model of emotional intelligence developed by Dr. Reuven Bar-On. This model employs 16 fundamental emotional skills vital for workplace success outlined below. By honestly answering each of the following questions, you can begin to uncover areas of strength and weakness, which is the first step in your journey to a more productive, more profitable, and more fulfilled professional life*.

1. Self-regard

On a scale of 1-100, how much do you like yourself these days?

How much would you like to like yourself, using the same scale?

2. Self-actualization

What would you do whether you got paid for it or not, just because you love doing it?

How do you spend your free time?

What do you enjoy reading about or studying?

Can you figure out a pattern?

3. Emotional Self-awareness

Do you know what you're feeling, when you're feeling it, and why you're feeling that way?

Can you put a label on what you're feeling?

4. Emotional Expression

Do you understand how you express your emotions or how you can feel them?

Are you aware of your tone of voice, the look on your face, and your body language when you are communicating?

5. Independence

What does winning professionally and being successful mean to you in terms of your passions, beliefs, and convictions?

6. Assertiveness

When faced with conflict, do you typically react aggressively, passively, or somewhere in the middle?

How did the other person respond to your reaction during your last conflict?

7. Interpersonal Relationships

Can you identify which relationships in your life are fulfilling and which are merely an obligation?

Is your give-and-take (also known as back-and-forth energy) typically in balance or out of balance in your relationships?

8. Empathy

When you encounter a person who has a viewpoint different than your own, do you put yourself in their shoes and attempt to understand it?

Do you consider what kinds of experiences they have had that might be different from yours that led to the formation of how they see the world?

9. Social Responsibility

Do you have any experience volunteering or giving back to a worthy cause?

How has it changed your perspective on your life and your role in the larger world?

10. Problem Solving

What are some major problems you've faced in your life and how have you solved them?

Are there any unresolved issues you are avoiding?

If so, what's causing you to not face them?

11. Reality Testing

Are you able to differentiate your own interpretations of a contentious situation from the facts?

Do you make immediate assumptions based on your own experience or do you first gather all of the facts and consider multiple perspectives?

12. Impulse Control

In situations where you become intensely, emotionally charged, do you react or respond?

Could you feel your body's warnings (i.e. butterflies in the stomach, lump in the throat, rapid heartbeat)?

Are you able to be patient and continue moving forward on long-term projects?

13. Stress Tolerance

When you face major challenges, do you fall apart emotionally?

Do you get anxious, tense, or irritable?

Do you affect others by snapping at them?

Do you catastrophize, always imagining the worst-case scenario?

14. Flexibility

Are you quick to respond to unpredictable events?

Do you always defend your stance despite valid and rational evidence to the contrary?

Are you open to hearing feedback from others and making changes in your behavior?

15. Optimism

Do you approach tasks with enthusiasm and gusto?

Do you generally believe that setbacks are temporary and that you can overcome them?

16. Happiness

Do you have fun at both work and play while participating in activities you enjoy?

Do you feel satisfied with your life?

*This is not a full assessment, but rather a tool to help you think about EQ in the context of your life. Assessments facilitated by EQ-i Coach utilize more in-depth questionnaires and discussion and result in a debriefing including actionable steps to address areas for improvement.



**Want to know
more about
your EQ?**

Send your completed assessment to rmoore@eqicoach.com and request to schedule a discovery phone call to analyze your answers and determine next steps to becoming more productive, more profitable, and more personally fulfilled.