



Emotional Intelligence

Managing emotions

What difference will I make? Emotional intelligence plays an important role in your happiness, success, interpersonal relations and influence.

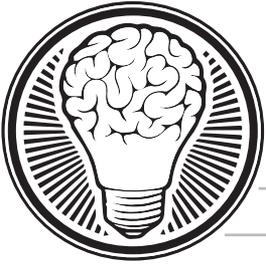
What sets someone apart that seems to be more successful in work and life than others? IQ and work ethic are important, but they don't tell the whole story. The way we interact with and regulate emotions impacts nearly every aspect of our life. Confidence, being good at working toward goals, being adaptable, flexible and showing empathy are signs of emotional intelligence.

How emotionally intelligent are you?

Color in the number of light bulbs below showing how you assess your level of emotional intelligence.

<p>Self-Awareness</p> <p>I am emotionally self-aware, self-confident, and accurately self-assess my emotions.</p> <p></p>	<p>Social Awareness</p> <p>I show empathy and have a service orientation in my life.</p> <p></p>
<p>Self-Management</p> <p>I demonstrate self-control, can adapt to changing situations, have a high desire to achieve and take initiative.</p> <p></p>	<p>Relationship Management</p> <p>I am interested in helping others improve, actively engage in conflict resolution, build bonds with others and promote teamwork.</p> <p></p>



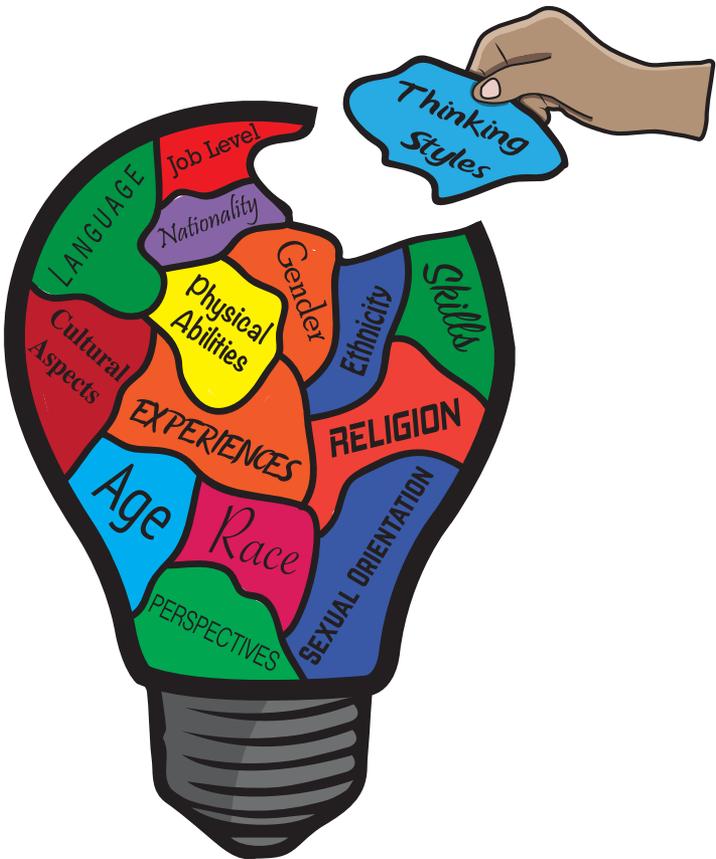


A series of horizontal lines for writing, with a vertical margin line on the left side. There are four small grey dots placed on the lines, one in each of the first four rows from the top.

If you think it, write it.



Emotional Intelligence
is critically important
in an increasingly
diverse world



Emotional Intelligence Quiz

-  I'm curious about people I don't know.        
-  I get along with most people        
-  When I'm upset I know exactly why.        
-  I'm good at reading facial expressions and body language.        
-  I pay attention when others are speaking.        
-  I resolve conflict positively.        
-  I respect different points of view.        
-  After I fail I get right back up and figure out what to do next time.        
-  I care deeply about being a good person.        
-  I take time to slow down and help others. I'm a good samaritan.        
-  I know when to say "no." I'm self-regulated.        

Adapted from "How Emotionally Intelligent Are You? Here's How to Tell" by Carolyn Gregoire

How can I improve?

<p>Self-Awareness</p> <p>I am emotionally self-aware, self-confident, and accurately self-assess my emotions.</p> <p>💡💡💡💡💡💡💡💡</p>	<p>Social Awareness</p> <p>I show empathy and have a service orientation in my life.</p> <p>💡💡💡💡💡💡💡💡</p>
<p>Self-Management</p> <p>I demonstrate self-control, can adapt to changing situations, have a high desire to achieve and take initiative.</p> <p>💡💡💡💡💡💡💡💡</p>	<p>Relationship Management</p> <p>I am interested in helping others improve, actively engage in conflict resolution, build bonds with others and promote teamwork.</p> <p>💡💡💡💡💡💡💡💡</p>



