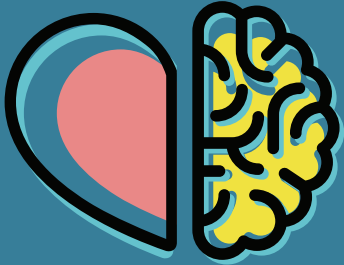


EMOTIONAL INTELLIGENCE: SELF AWARENESS AND DEVELOPMENT



After completing the training, participants will be able to:

- Explain what emotional intelligence is.
- Evaluate your emotional intelligence.
- Explain how emotional intelligence impacts business and leadership effectiveness.
- Apply strategies to improve emotional intelligence.

Think about a time when you were in a situation and you had strong emotions.



Video Notes

EMOTIONAL INTELLIGENCE SELF-ASSESSMENT

Read each question on the slide and give yourself a score that represents who you actually are, rather than as who you think you should be.

1	
2	
3	
4	
5	
Column Total:	

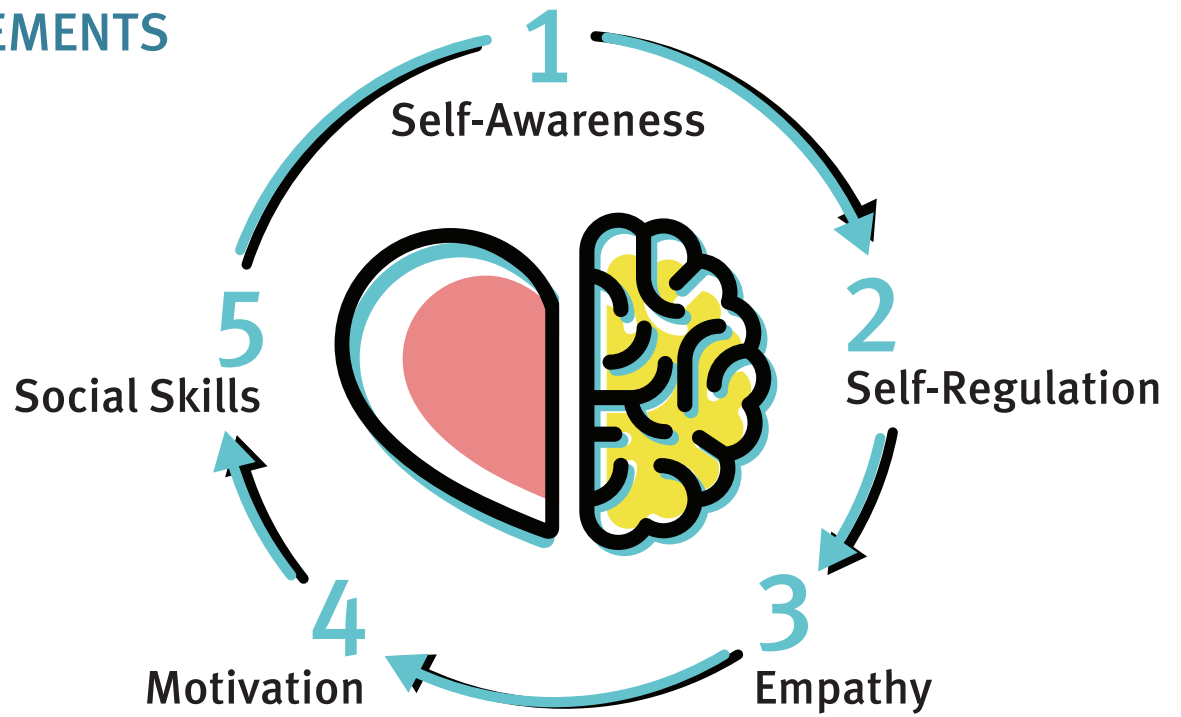
6	
7	
8	
9	
10	
Column Total:	

11	
12	
13	
14	
15	
Column Total:	
Grand Total:	

Scoring: Not at All=1, Rarely=2, Sometimes=3, Often=4, Very Often=5

IQ VS. EMOTIONAL INTELLIGENCE

THE FIVE ELEMENTS



ELEMENT NOTES

1	
2	
3	
4	
5	