



## Emotional Intelligence: What Is Your EQ Score?

**1 = strongly disagree**

**2 = disagree**

**3 = neither agree or disagree**

**4 = agree**

**5 = strongly agree**

**1. I am usually aware – from moment to moment – of my feelings as they change.            1 2 3 4 5**

**2. I think before I act.            1 2 3 4 5**

**3. I am patient when I want something.            1 2 3 4 5**

**4. I bounce back quickly from life's setbacks. 1 2 3 4 5**

**5. I can pick up subtle social cues that indicates others' needs or wants.**

**1 2 3 4 5**

**6. I'm very good at handling myself in social situations. 1 2 3 4 5**

**7. I'm persistent in going after things I want.            1 2 3 4 5**

**8. When people are sharing their problems with me, I'm good at putting myself in their shoes.            1 2 3 4 5**

9. When I'm in a bad mood, I make every effort to get out of it.

1 2 3 4 5

10. I can find common ground and build rapport with people from all walks of life.

1 2 3 4 5

**Scoring & Interpretation:** This questionnaire taps the five basic dimensions of EQ: self-awareness (1, 9), self-management(2,4), self-motivation ( 3 , 7 ), empathy ( 5, 8), social skills ( 6, 10 ). Compute your total EQ score by adding your responses to all 10 statements. Your total score will fall between 10 and 50. While no definite cutoff scores available, scores of 40 or higher indicate a high EQ. Scores of 20 or less suggest a relatively low EQ.

### **Research Results**

Research tracking over 160 high performing individuals in a variety of industries and job levels revealed that emotional intelligence was two times more important in contributing to excellence than intellect or experience alone.

Source: Institute for Health and Human Potential

John Kotter of Harvard Business School said: " Because of the furious pace of change in business today, difficult to manage relationships sabotage more business than anything else ; it is not a question of strategy that gets us in trouble; it is a question of emotions."