

# EMOTIONAL INTELLIGENCE



EMPATHY



SELF  
AWARE



SOCIAL  
SKILLS



WHOLE  
BRAIN



MOTIVATIONAL

## INSTRUCTIONS

This Emotional Intelligence (EQ) Test is designed to help you assess various aspects of your emotional intelligence.

Please read each statement and rate yourself on the scale from Never to Always.

Answer each question as quickly and honestly as possible.

### QUESTIONS:

### RATING SCALE:

Never Rarely Sometimes Often Always

1. I am aware of my emotions as I experience them.

2. I can manage my emotions effectively in stressful situations.

3. I set personal goals that align with my values and passions.

4. I celebrate small achievements to stay motivated.

5. I actively listen to others without interrupting.

6. I try to understand others' perspectives and feelings.

7. I communicate clearly and effectively with others

8. I handle conflicts constructively and calmly.

9. I can articulate my emotions accurately.

10. I manage my stress through healthy coping mechanisms.

## QUESTIONS:

## RATING SCALE:

Never Rarely Sometimes Often Always

11. I strive for a healthy work-life balance.

12. I am transparent and honest in my dealings with others

13. My actions are consistent with my words.

14. I promote an inclusive environment where everyone feels valued.

15. I encourage team collaboration to build strong relationships.

16. I regularly attend workshops or training sessions to improve my EQ.

17. I seek mentorship from experienced leaders to improve my EQ.

18. I reflect on my emotional responses to situations regularly.

19. I ask for feedback to understand my emotional impact on others.

20. I practice mindfulness or meditation to stay calm under pressure.

21. I can adapt my emotional responses to changing circumstances and environments.

22. I take action to help others based on my understanding of their emotional needs.

23. I regularly acknowledge and appreciate the strengths and contributions of others.

24. I provide feedback in a way that is supportive and aimed at personal growth.

25. I can quickly establish rapport and build relationships with new people.

## CONGRATULATIONS!

Remember, the purpose of this questionnaire is to help you identify areas for EQ improvement. Take the time to reflect on each question and rate yourself honestly. Use your responses as a starting point for personal growth and development in your EQ journey. Learning and success as a business leader go hand in hand... Check out [learning2lead](https://www.learning2lead.co.uk) for more information.