**TO:** GSBA 542 Scholars

**FROM:** Professor Colman

**DATE:** September 11, 2019

**SUBJECT:** Emotional Intelligence Appraisal® Feedback

Complete the Emotional Intelligence Appraisal® using the assessment and code found in *Emotional Intelligence 2.0*.

Heading

**DELIVERABLE**

Read pages 1 – 60 and complete the **MY EQ ACTION PLAN** (pages 57-58).

Answer the questions from the book and submit your responses in a memo addressed to me using the format below and from the book. Please be prepared to discuss in class the following:

* Results of the appraisal
* The EQ skill you selected and the strategies you will practice

Vertical List

* Why you choose your EQ mentor

**Part One – My Journey Begins**

**Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Double space between paragraphs

**List your scores from the** *Emotional Intelligence Appraisal®*

Score

Overall EQ: \_\_\_\_\_

Self-awareness: \_\_\_\_\_

Self-management: \_\_\_\_\_

Social Awareness: \_\_\_\_\_

Relationship Management: \_\_\_\_\_

**Pick One EQ Skill and Three Strategies**

Which of the four core emotional intelligence skills will you work on first?

|  |  |
| --- | --- |
| **SELF-AWARENESS** | **SELF-MANAGEMENT** |
| **SOCIAL AWARENESS** | **RELATIONSHIP MANAGEMENT** |

Review the strategies for the EQ skill you selected, and list up to three that you will practice below (chapters 5, 6, 7, 8 list discuss strategies).

1.

2.

3.

**My EQ Mentor**

Who do you know who is gifted in your chosen EQ skill and willing to provide feedback and advice throughout your journey?

Single spaced paragraph

My EQ mentor is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DUE:** September 25, 2019

Page number starting on page 2

1” margins

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