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Interpersonal Skills Self-Assessment

Your total score is: 44%

Based on the answers you provided your interpersonal skills are below average. You should spend some time developing and practising your interpersonal skills – this is likely to lead to better and more successful relationships with other people, at home, socially and at work or school.

Listening Skills



sonal skills – this is likely to lead to better and more successful relationships with other people, at home, socially and at work or school.

Listening Skills

Your score: 63% (Average)

(You rated your listening skills as: Above Average)

Based on the answers you provided your listening skills are average. You may have picked up some bad listening habits or never previously thought about the active processes involved in effective listening. Although your listening skills are OK, you should think about developing them further by consciously practising effective and active listening.

See our pages: [Listening Skills](#) and [Active Listening](#) for more on developing listening skills.

Emotional Intelligence

Your score: 49% (Average)



You achieved an average score for the emo-

[Listening](#) for more on developing listening skills.

Emotional Intelligence

Your score: 49% (Average)

You achieved an average score for the emotional intelligence part of the assessment. Emotional intelligence is a measure of how well you understand and deal with your emotions and the emotions of others. Developing a better awareness of emotions and understanding why you and others behave in certain ways will enhance your interpersonal skills. It is worth taking some time to understand and improve your emotional intelligence as it could be the most important aspect of personal development. Research has shown that people with higher emotional intelligence enjoy more satisfying and successful careers and relationships.

See our pages: [Emotional Intelligence](#) and [Counselling](#) for more information.

Verbal Communication



Your score: 39% (Below Average)



See our pages: [Emotional Intelligence](#) and [Counselling](#) for more information.

Verbal Communication

Your score: 39% (Below Average)

(You rated your verbal communication skills as: Below Average)

Your verbal or spoken communication is below average – you should probably think about ways which you can practise and improve your verbal communication. Your verbal communication skills may be a result of low self-esteem or over-confidence, this is something that you will be able to recognise in yourself. Over-confident people may use unfamiliar language or jargon when speaking to others, making them difficult to understand. People with low self-esteem may not feel able to confidently communicate their ideas and opinions. It is also possible that you have been overly self-critical in your assessment – ask a friend or family member how they rate your verbal communication.

See our pages: [Verbal Communication](#) and [Effective Speaking](#) for more information.

Communicating in Groups

assessment – ask a friend or family member how they rate your verbal communication.

See our pages: [Verbal Communication](#) and [Effective Speaking](#) for more information.

Communicating in Groups

Your score: 29% (Below Average)

Based on the answers you provided you are not particularly confident about communicating in group situations and your score is below average. In most careers, and while at school or university, there will be occasions when you need to participate effectively in a group situation. When possible, you should work on building your confidence around other people, and practise communicating in social and family settings. You may find that working on your verbal communication and listening skills will also help to boost your confidence.

See our pages: [Group Cohesiveness](#) and [Self-Esteem](#) for more on developing your group working skills.

Thanks for taking the interpersonal skills self-assessment, we hope you have found it useful.

