**Section 3 – Emotional Intelligence**

**Read each statement carefully, think over it and choose from the 5 options that describes you the best.**

**List of Questions**

1. I can identify my emotions as I experience them, like recognizing when I feel happy, sad, or angry.
2. I tend to get angry easily, especially when I'm feeling frustrated or irritated.
3. People often tell me that I'm a good listener and that they feel heard when they talk to me.
4. When I feel anxious or upset, I know how to calm myself down using techniques like deep breathing or meditation.
5. I enjoy arranging or coordinating activities for groups of people, whether it's for work or social gatherings.
6. I struggle to maintain focus on a task for a long period, finding it challenging to stay concentrated.
7. Moving on from feelings of frustration or unhappiness is tough for me, and I often dwell on them for a while.
8. I have a good understanding of my strengths and weaknesses, knowing what I excel at and where I need improvement.
9. I tend to avoid conflicts and negotiations, preferring to maintain harmony rather than confrontations.
10. I often feel dissatisfied with my work and don't find much enjoyment in it.
11. I regularly seek feedback from others on my performance, asking for suggestions on how I can do better.
12. I set long-term goals for myself and make it a point to review my progress regularly to stay on track.
13. I find it challenging to gauge other people's emotions or understand what they're feeling.
14. Building connections and rapport with others doesn't come naturally to me, and I struggle in social situations.
15. I make an effort to actively listen when people speak to me, showing interest and attentiveness in our conversations.

**Scoring methodology**

1. Every question has 5 options to choose from and for every option there is a score and based on the total score the analysis is carried out.
2. The five options are
   1. Not at All
   2. Rarely
   3. Sometimes
   4. Often
   5. Very Often
3. The Scoring for each and each is scored as mentioned below

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Question No. | Not at All | Rarely | Sometimes | Often | Very Often | Final Score |
| Q1 | 1 | 2 | 3 | 4 | 5 |  |
| Q2 | 5 | 4 | 3 | 2 | 1 |  |
| Q3 | 1 | 2 | 3 | 4 | 5 |  |
| Q4 | 1 | 2 | 3 | 4 | 5 |  |
| Q5 | 1 | 2 | 3 | 4 | 5 |  |
| Q6 | 5 | 4 | 3 | 2 | 1 |  |
| Q7 | 5 | 4 | 3 | 2 | 1 |  |
| Q8 | 1 | 2 | 3 | 4 | 5 |  |
| Q9 | 5 | 4 | 3 | 2 | 1 |  |
| Q10 | 5 | 4 | 3 | 2 | 1 |  |
| Q11 | 1 | 2 | 3 | 4 | 5 |  |
| Q12 | 1 | 2 | 3 | 4 | 5 |  |
| Q13 | 5 | 4 | 3 | 2 | 1 |  |
| Q14 | 5 | 4 | 3 | 2 | 1 |  |
| Q15 | 1 | 2 | 3 | 4 | 5 |  |
|  |  |  |  |  | TOTAL |  |

**Score Interpretation**

**If scored between 15-34:**

Your emotional intelligence could use some development. It seems that managing your emotions, particularly during stressful situations, may be challenging for you. You might find yourself overwhelmed by strong emotions or tend to avoid conflicts to prevent distress. Additionally, calming down after experiencing upsetting emotions and building strong relationships with others may be areas that require attention. However, don't worry—there are various strategies and techniques you can learn to enhance your emotional intelligence starting today. Consider:

* Engaging in mindfulness or relaxation techniques to manage stress and regulate emotions.
* Practicing assertiveness and conflict resolution skills to address difficult situations constructively.
* Seeking feedback from trusted individuals to gain insight into areas for improvement.
* Investing time in building empathy and understanding others' perspectives to strengthen relationships.

**If scored between 35-55:**

Your emotional intelligence is at an average level. While you likely maintain good relationships with some of your colleagues, you may encounter difficulties in working with others. There's room for improvement in enhancing your working relationships significantly. By focusing on understanding and managing your emotions better, as well as improving your communication and interpersonal skills, you can elevate your emotional intelligence to strengthen your professional connections and collaborations. Consider:

* Participating in emotional intelligence workshops or training programs to develop self-awareness and interpersonal skills.
* Practicing active listening and empathy to foster better understanding and communication with colleagues.
* Setting goals for improving specific aspects of emotional intelligence and tracking your progress over time.
* Seeking mentorship or coaching from individuals with strong emotional intelligence to learn effective strategies and techniques.

**If scored between 56-75:**

Congratulations! You possess a high level of emotional intelligence. Your ability to understand and manage emotions effectively enables you to maintain great relationships, and people likely turn to you for guidance and support. However, it's essential to recognize that even with your strong people skills, there's always room for growth. While you excel in interpersonal interactions, remember to prioritize your own needs and well-being. Additionally, consider leveraging your emotional intelligence for leadership roles, as research suggests that emotionally intelligent individuals often exhibit excellent leadership potential. Continuously seek opportunities to refine and expand your emotional intelligence further to unlock your full leadership capabilities. Consider:

* Mentoring others to share your knowledge and skills in emotional intelligence.
* Engaging in reflective practices to deepen self-awareness and identify areas for continued growth.
* Seeking leadership opportunities where you can apply your emotional intelligence to inspire and motivate others.
* Continuing education and professional development to stay updated on the latest trends and research in emotional intelligence.