

OUR APPROACH+

CERTIFICATION +

TRAINING PROGRAMS +

PUBLIC PROGRAMS

KEYNOTE SPEAKERS +

RESOURCE CENTER +

ABOUT US +

FREE QUIZZES +

PRESSURE BOOK +

CONTACT US +



Average EQ

You have slightly above average EQ – with room to grow! You are likely sensitive to the emotional climate of the people around you when you and they – peers, friends, family and key clients – are under pressure. You are aware of the effect your behavior has on others. While you may be adept at tuning into others and their needs – you must remember your own. Don't be afraid to honestly communicate these difficult needs and feelings. This is one of the most important aspects of Emotional Intelligence: being able to skillfully air your grievances.

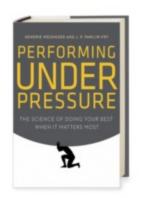
Things to consider: What situations generally create pressure and stress for you? How are you handling these situations? What negative thoughts play over and over in your mind on a regular basis? Are these a true picture of reality? When you are triggered emotionally, what are some of your less effective default behaviors? If you can learn to be more aware of when emotions are driving your behavior and stay calm in your high pressure moments, you will see a big increase in your Emotional Intelligence, which will lead to increased performance and more effective relationships – at work and at home!

PRINT RESULTS

3 ways to connect and learn more:

- Buy the book: Performing Under Pressure
- Join us on Facebook, Linkedin, Twitter
- and learn more about Emotional Intelligence by watching this Inside Quest TV Interview.

Steps For Improving Your Emotional Intelligence:



Step 1: Read The Performing Under Pressure Book

Emotions are most difficult to manage when you are under pressure. A great and cost-effective tool to help you improve your Emotional Intelligence and your ability to deal with high pressure situations is to read our Performing Under Pressure book.

To purchase a copy of our Pressure Book, please click on Amazon or Barnes & Noble below.

DOWNLOAD EXCERPT BARNES & NOBLE amazon.com

Step 2: Emotional Intelligence Training Program

We recommend that you attend a Performing Under Pressure: Emotional Intelligence program if it is offered internally at your organization, or register for one of our Public Programs. In the El program, you will have the chance to look at what triggers you when you are under pressure and how that impacts the people around you. You will learn strategies to help you cope in these pressure filled moments, and connect with





