

OUR APPROACH+

CERTIFICATION +

TRAINING PROGRAMS +

PUBLIC PROGRAMS

KEYNOTE SPEAKERS +

RESOURCE CENTER +

ABOUT US +

FREE QUIZZES +

PRESSURE BOOK +

CONTACT US +



# **Excellent EQ**

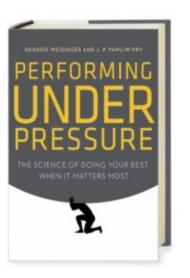
We are impressed! Congratulations on your exceptional EQ! If you scored in this range, there is a slight caveat however. You are either extremely high in emotional intelligence or extremely low. How is this possible? These results may reflect your high level of self-knowledge or a lack of it since you must be self-aware to assess yourself accurately. For this reason, self-awareness is the foundational competency of emotional intelligence. You may want to seek clarification from a peer, co-worker or family member to validate how they feel you respond emotionally when you are under pressure. You've either made it to the top or have a long way to go.

#### 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.

# Recommended for you



#### Step 1: Read The Performing Under Pressure Book

Whether you are high or low in EQ, everyone can find themselves being derailed by pressure at times. A great and cost-effective tool to help you fine tune your ability to manage emotions and 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.

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amazon.com

### Step 2: Emotional Intelligence Training Program

To be sure which category you are in - extremely high in EQ or having blind spots in your assessment of yourself (and

having more personal development work to do than you think) – we recommend you attend our Emotional Intelligence program where you will take our El360<sup>TM</sup> assessment tool, which will give you anonymous feedback from all the key people in your life – your boss, peers, direct reports, clients and even friends and family. If you have blind spots, the El360TM process will identify them for you and give you direction on what you can work on to improve. If you are truly high in EQ, then you'll still get a lot out of our El program because you are an open and aggressive learner

## Step 3: Performing Under Pressure Programs





