

Sample EQ Assessment Survey for Individual Leadership Assessment

Instructions: Please answer the questions below as they pertain to you. Write down your personal score for each question. Next, identify 3-5 (the more the better) personal friends, co-workers, family members that you trust highly, and whose candid feedback you value, and ask them to score you on each of the questions. You can do this by sharing the survey below with them (by copying and pasting the questions into an email or paper survey). Once you receive at least a few scores for each question, calculate the average score and compare it to the score you gave yourself. Use this information to help you complete your Individual Leadership Assessment assignment.

Sample Survey

Please answer the following questions with your perceptions as they pertain to **the person that gave you this survey**. The following values equate to the following:

1 = Strongly Disagree

2 = Disagree

3 = Neither Agree nor Disagree

4 = Agree

5 = Strongly Agree

Statement	1	2	3	4	5
This person exhibits an awareness of their own emotions, strengths, weaknesses, drives, values, and goals, as well as their impact on others.					X
This person exhibits an ability to control or redirect disruptive emotions and impulses.					X
This person is motivated to achieve for the sake of achievement, i.e., they have energy to improve themselves, a passion for the work itself, as well as the new challenges that are presented.					X
This person exhibits empathy, i.e., a consideration for others' feelings, especially when making decisions.				X	
This person exhibits social skills, i.e., an ability to build and lead teams, network with others, lead change, and/or manage relationships to move people in desired directions.				X	