

**Activity:****Spot it**

This is a Social Awareness activity that helps you spot examples of high and low EQ at work.



1. Read through the checklists and select behaviors you see, as you actively observe people at work.

HIGH EQ

- ☐ Asks open-ended questions and considers the ideas of others
- ☐ Body language is natural and engaged
- ☐ Doesn't gossip or badmouth individuals
- ☐ Listens with body, mind, and eyes — no interrupting
- ☐ No passive-aggressive behavior
- ☐ Puts phone aside when speaking to someone
- ☐ Rarely raises voice
- ☐ Seeks solutions vs. blaming others
- ☐ Smiles, laughs, shows frustration, exhibits a range of emotions — appropriately
- ☐ Uses empathy

LOW EQ

- ☐ Avoids conflict
- ☐ Holds grudges
- ☐ Complains — a lot
- ☐ Gossips
- ☐ Blames others
- ☐ Passive-aggressive
- ☐ Raises voice — unnecessarily
- ☐ Poor body language: loud sighs, rolling eyes, big hand gestures
- ☐ Frequent EQ hijacking
- ☐ Stressed — a lot



2. Next, list the people you feel you could learn from, people who show signs of high EQ.

What can you learn from these coworkers?

3. Then, list the people you see consistently demonstrating low EQ. What can you learn from these coworkers?

4. Finally, write down the signs of high and low EQ you see in yourself.