

**Activity:**

Why Does EQ Matter To You?

This activity references the reasons why EQ matters to you — and why you are investing time in learning more about it.

Why are you here? What do you want to learn about EQ in order to help you at work?

Review the list below and use blank space to add in your own items, if appropriate.

- ☐ Anger management
- ☐ Commuting
- ☐ Conflict
- ☐ Different generations at work
- ☐ Excessive workloads
- ☐ Giving feedback
- ☐ Making decisions
- ☐ Managing up
- ☐ Personality challenges with coworkers
- ☐ Presentations to groups
- ☐ Self-esteem
- ☐ Stress
- ☐ Unrealistic deadlines

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☐ _____



Once you have a complete list of items that create energy or a need for EQ, revisit the activity titled, “Emotions at Work” and review your work. Do you see any connection? Are any of the situations that make you uncomfortable at work related to situations where EQ can help you?