

EMOTIONAL INTELLIGENCE



What's Your EQ? The Power of Emotional Intelligence

DEFINING THE "EQ"

Psychologists define Emotional Intelligence as...

"the ability to perceive emotions, use emotions to facilitate thought, understand emotions, and manage emotions, to promote emotional and intellectual growth" (Mayer et al., 2004)

"EQ" is a very common reoccurring theme tied to the concept of an "it" factor.

- Emotional intelligence is an individual's ability to recognize, understand, and manage his or her emotions and those of others. The emotional Intelligence Quotient (EQ) is the measure of that ability.

Self Assessment

Want to know how emotionally intelligent you are and how to strengthen your EQ? Take this self assessment to see where you fall and how to develop your skills further.

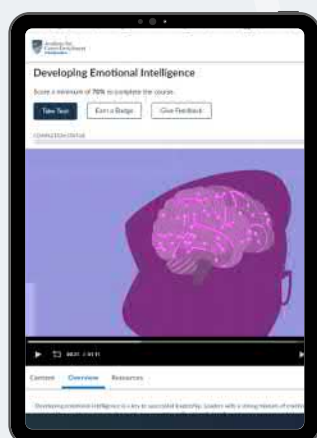
[Click here for the self-assessment](#)

PERCIPIO RESOURCES

Virtual Course: Developing Emotional Intelligence:

This course provides an understanding of why emotionally intelligent leadership is important. It also provides practical, positive techniques for promoting and improving emotional intelligence as a leader within your business environment.

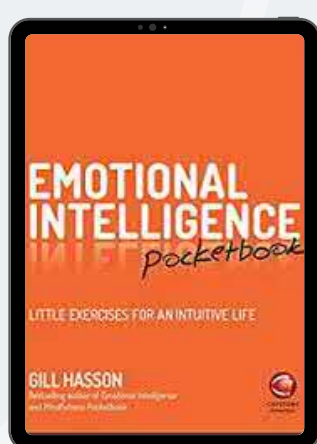
[Click here to take the course](#)



Audiobook: Emotional Intelligence Pocketbook-

In the *Emotional Intelligence Pocketbook*, Gill Hasson discusses how to think about, categorize, and harness emotions. In this audiobook we will discuss and summarize the salient points of the book.

[Click here to listen](#)



5 COMPETENCIES OF EMOTIONAL INTELLIGENCE



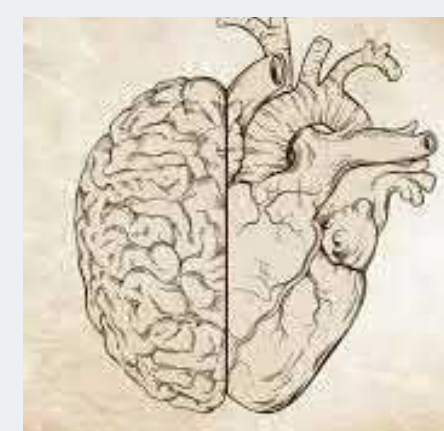
Psychologist Daniel Goleman conceives of emotional intelligence as being made up of five key competencies. Learn more about what each competency entails and how you can improve on them [here](#).

ADDITIONAL READINGS

Article: What is Emotional Intelligence?

This article by the Institute of Health and Human Potential provides an overview of emotional intelligence, its history, and why it's important.

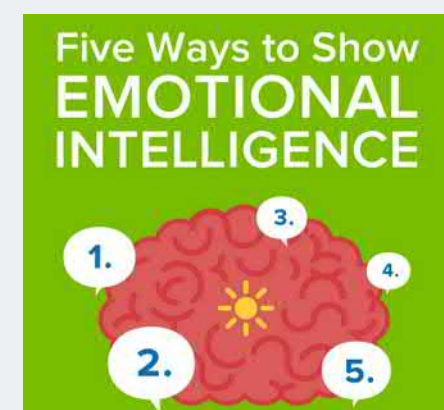
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Article: How can I improve Emotional Intelligence (EQ)?

This article explains the 5 components of emotional intelligence and provides examples of what they might look like based on a continuum of skill level

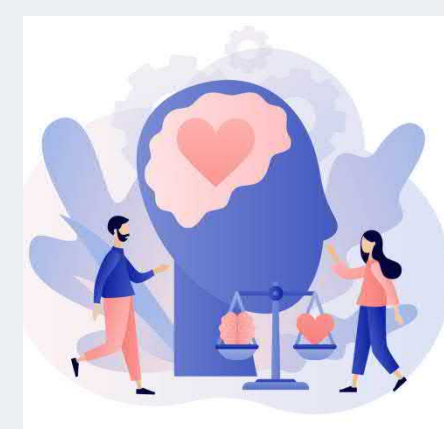
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Article: How to improve emotional intelligence in the workplace

This article serves as a guide on emotional intelligence in the workplace and highlights how to improve it for both individual employees (including yourself) and the organization as a whole

[Click here to read more](#)



Article: Emotional Intelligence Belongs in Every Diversity & Inclusion Initiative

This article highlights the importance of emotional intelligence to promote and discuss D&I in the workplace and how emotional intelligence and cultural intelligence go hand-in-hand

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Article: EQ is the new IQ- The role of emotional intelligence in workplace

This article dives into both the personal and social competencies of emotional intelligence and how to best manage them in the workplace.

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Article: 11 FAQs About Emotional Intelligence in the Workplace

This article serves as a quick guide to the most commonly asked questions around emotional intelligence.

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