

Emotional Intelligence Self-Assessment

Emotional Intelligence Competencies	Doing Okay	Want to do Better
<i>Self-Awareness Competencies</i>		
Emotional Self-Awareness		
I recognize my emotions and their effects.		
I recognize the situations that arouse strong emotions in me.		
I know my strengths and my limits.		
<i>Self-Management Competencies</i>		
Emotional Self-Control		
I stay composed and positive, even in trying moments		
Adaptability		
I am flexible when dealing with change.		
I tolerate ambiguity well.		
Positive outlook		
I always see the positive aspects of things and the future.		
Achievement Orientation		
I always strive to improve or meet a standard of excellence.		
<i>Social Awareness Competencies</i>		
Empathy		
I sense others feelings and perspectives and take an active interest in their concerns.		
I listen attentively.		
Organizational Awareness		
I can read a group's emotional currents and power relationships.		
<i>Relationship Management Competencies</i>		
Coaching & Mentoring		
I can sense others' development needs and bolster their abilities.		
Influence		
I can convince others through discussion.		
Inspirational Leadership		
I often inspire and guide individuals and groups.		
Conflict Management		
I am good at negotiating and resolving differences.		
Teamwork		
I am good at creating group synergy and pursuing collective goals.		

From: Goleman 2009, *Emotional and Social Competency Inventory* www.ei.haygroup.com