



# How Emotionally Intelligent are you?

Try and list some qualities in each  
box on the next slide

# Quadrants of EQ

**SELF AWARENESS**

**AWARENESS OF OTHERS**

**SELF MANAGEMENT**

**SOCIAL SKILLS**

View next slide to see how you got on!

If you didn't get at least three in each box then call us quick!

**SELF AWARENESS**

Emotional Self Awareness  
Accurate Self Assessment  
Self Confidence

**AWARENESS OF OTHERS**

Empathy  
Awareness of your organisation/business  
How your actions affect others around you

**SELF MANAGEMENT**

Self Control  
Trustworthiness  
Conscientiousness  
Adaptability  
Achievement Oriented (getting job done)  
Initiative

**SOCIAL SKILLS**

Teamwork and Collaboration  
Developing Others  
Influence  
Communication  
Leadership  
Managing Conflict

# LA&A Training

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