What’s Your Emotional Intelligence Score?

It’s helpful in both your personal life and at work to have a true understanding of yourself and how you come across to others. This is often referred to as self awareness and is one aspect of improving your emotional intelligence.

What is emotional intelligence: Let’s start with five components of emotional intelligence. How would you rate yourself on each skill? On a scale of 1 to 5, rate yourself on each skill below. 1 = I need work to 5 = I mastered this skill.

- Self-awareness
- Motivation
- Social skills
- Empathy
- Self-regulation

We all have gaps in the above areas, but the good news is you can increase/improve your emotional intelligence! How? Try the actions, tips, or suggestions below. Read or watch the information in the Keep on Learning section. Improve your emotional intelligence starting today.

CALL TO ACTION:

1. Choose one area you’d like to improve and work on it every day until you feel like you’ve improved significantly or mastered it.
2. Try something new that involves one of the five components above. You may want to work with friends you trust until you master the skill.
3. Stop yourself during a conversation if possible. Watch the body language and reactions of the people around you. If the reactions aren’t good to your messages, change the subject, and continue to monitor those around you.

KEEP ON LEARNING

- Join us for Emotional Intelligence, on October 2 | 1pm
- Watch Chris Croft’s video, Emotional Intelligence (4m 28s), from the LinkedIn Learning course Success Habits. It was one of the most watched videos for the month of September.
- Watch the YouTube video on Nine Self-Motivation Tips to Improve Your Emotional Intelligence (3m 16s).
- If you want to delve further into Emotional Intelligence, watch the LinkedIn Learning course, Developing Your Emotional Intelligence (1h 10m).