

YEAR OF VALUES

R.E.S.P.E.C.T.

PROVOCATION NO. 5



*Where we have
strong emotions,*

we're liable to fool
ourselves.

– Carl Sagan –

RESEARCH HAS SHOWN THAT
HAVING HIGH EMOTIONAL INTELLIGENCE
LEADS TO GREATER SUCCESS. BUT
WHAT IS EMOTIONAL INTELLIGENCE?



Emotional Intelligence is the capacity to be aware of, control, and express one's emotions and handle interpersonal relationships judiciously and empathetically.

Emotional intelligence is the "something" in each of us that is a bit intangible. It affects how we manage behavior, navigate social complexities, and make personal decisions to achieve positive results.

So, why invest in raising your emotional intelligence?

Because...

it will make you more
able to offer sympathy,
relate with empathy,
and step into the shoes
of those with whom
you work.

For this week's provocation, we will take an emotional intelligence test that will rate on a scale of 1-10 your

- * Self-Awareness
- * Self-Management
- * Social-Awareness
- and
- * Relationship Management

Remember that low scores are not bad but offer insight into areas of possible growth.

Click the link on the next page to take a sample emotional intelligence test.

LET'S GET STARTED!

Estimated Time Commitment:

10 minutes

What You'll Need:

X comfortable seat to evaluate your E.I.

X willingness to participate

[Click here to begin.](#)