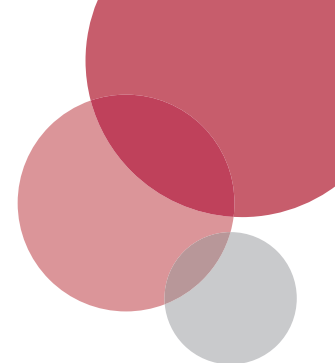


Emotional Intelligence



Allows individuals to understand the extent to which they utilise their own, and others emotions effectively. The tool is designed to show how an individual is using their emotional intelligence at work, and identify ways to enhance their effectiveness in this area.

The dimensions of the tool are as follows:

1 - Knowing One's Emotions Self-awareness - recognizing a feeling as it happens - key to emotional intelligence. The ability to monitor feelings from moment to moment is crucial to psychological insight and self - understanding. An inability to notice our true feelings leaves us at their mercy. People with greater certainty about their feelings are better pilots of their lives, have a surer sense of how they really feel about personal decisions.

2 - Emotional Resilience - handling feelings so they are appropriate is an ability that builds on self-awareness. This is the ability to soothe oneself, shake off rampant anxiety, gloom or irritability. People who are poor in this ability are constantly battling feelings of distress, while those who excel in it can bounce back far more quickly from life's setbacks and upsets.

3 - Motivating One's self - this is the ability to marshal ones emotions in the service of a goal. This is essential for paying attention, for self motivation and mastery and for creativity. Emotional self-control - delaying gratification and stifling impulsiveness, underlies accomplishment of every sort. The ability to get into the 'flow' state enables outstanding performance of all kinds. People who have this skill tend to be more highly productive and effective in what ever they undertake.

4 - Recognising emotions in others - empathy, another ability that builds on emotional self-awareness is the fundamental 'people skill'. There is a social cost to being emotionally tone-deaf. People who are empathic are more attuned to the subtle social signals that indicate what others need or want. This makes them better at inter-personal relationships with others.

5 - Handling relationships -this art is, in a large part, the skill in managing emotions in others. This skill involves social competence and incompetence which links strongly to an individual's popularity, leadership and interpersonal effectiveness. People who excel in this area do well at anything that relies on interacting smoothly with others - they are social stars.

Whether you want to help an individual increase their emotional intelligence, improve their relationships with others or help a team work better together with increased understanding and collaboration, call us now on **01442 825156** or email **info@valueu.com** for a no obligation discussion.

