

Here are some questions that will help you reflect on your own mix of strengths and limits in Emotional Intelligence (EI). This is not a "test" of EI, but a "taste" to get you thinking about your own competencies:

- 1) Are you usually aware of your feelings and why you feel that way?
- 2) Are you aware of your limitations, as well as your personal strengths, as a leader?
- 3) Can you manage your distressing emotions well – e.g., recover quickly when you get upset or stressed?
- 4) Can you adapt smoothly to changing realities?
- 5) Do you keep your focus on your main goals, and know the steps it takes to get there?
- 6) Can you usually sense the feelings of the people you interact with and understand their way of seeing things?
- 7) Do you have a knack for persuasion and using your influence effectively?
Can you guide a negotiation to a satisfactory agreement, and help settle conflicts?
- 9) Do you work well on a team, or prefer to work on your own?

And the good news: emotional intelligence competencies can be upgraded.