

# Test Your Emotional Intelligence!

# EQ Emotional Quotient

## What is The Emotional Quotient?

One of the fundamental skills of highly effective people is the ability to make the right decision. Our emotions have a powerful influence on the quality on our thinking and decision-making. Our ability to think clearly determines our capacity to use our natural talents and skills. Considering performance is usually defined and judged by behaviours, being able to manage our emotions becomes more important.

The TTI Emotional Quotient (EQ) assesses the respondent in five (5) key areas:

- Self Awareness** -- The ability to recognise and understand moods, emotions or drivers and their effects on others.
- Self Regulation** -- The ability to control or redirect disruptive impulses and moods.
- Motivation** -- A passion to work on and pursue goals with energy and persistence.
- Empathy** -- The ability to understand others and the skill to treat people according to their emotional reactions.
- Social Skills** -- Proficiency in managing relationships, building networks and the ability to build rapport.

The TTI Emotional Quotient measures an individual's emotional intelligence with an online questionnaire that is immediately analysed to produce a report with detailed information about the individuals EQ. The higher the score a person gets, the higher his/her level of emotional intelligence will be.

At any point in one's career, the TTI Emotional Quotient report can empower a person to understand his/her own emotional intelligence so as to avoid making high-risk decisions without understanding how emotions are influencing the choice. Taking advantage of this learning opportunity can increase a person's effectiveness up to 122%

## Results and Benefits

Using the Emotional Quotient Report, respondents will be made more aware of their own feelings and emotions as well as those of others, allowing them to be more engaged, effective and productive.

The Emotional Quotient Report will allow you to:

- **Be aware of and manage your own emotions to achieve positive outcomes**
- **Take responsibility for your own emotions**
- **Have an awareness of others' emotions**
- **Be more effective and efficient as an individual and team member**
- **Be able to coach others towards positive emotions and positive outcomes**



*To find out what Emotional Quotient can do for you and your team...Contact us today!*

**3 WIN Consulting**

Ph: 1300 123 048 | Fax: 1300 123 748  
www.3win.com.au | info@3win.com.au

© 3 WIN Consulting 2010