

## Emotional Intelligence Quiz

Rate yourself on each of the statements. Think of your usual behavior, not the occasional exceptions. Be very honest in your responses.

<i>Statement</i>	<i>Response</i>	
1. I am aware of how I respond in crisis situations.	Yes	No
2. My workplace behavior is consistent with my core values.	Yes	No
3. I have examined and am clear about my core values.	Yes	No
4. I can articulate my core values with my staff, colleagues and bosses.	Yes	No
5. My management style is flexible enough to be functional.	Yes	No
6. I am proud of the way that I handle myself with the most difficult staff.	Yes	No
7. I clearly communicate my ideas to the highest levels of management.	Yes	No
8. I consciously draw from many different leadership styles and approaches, based on the situation.	Yes	No
9. I understand the different drivers, both personal and professional, that dictate my staff's actions.	Yes	No
10. My approach to motivation is highly individualized, based on the unique needs of the individual.	Yes	No
11. I am clear on how politics impact activity in this organization.	Yes	No
12. I have knowledge of my staff's strengths and weaknesses.	Yes	No
13. I find ways to maneuver around obstacles.	Yes	No
14. My successes don't happen in isolation; they are the result of concerted, coordinated collaborative activities.	Yes	No
15. I encourage my staff to communicate with and assist other departments.	Yes	No
16. I regularly reach out for help from my peers.	Yes	No

Each of these statements presents a developmental opportunity. Select one to work on for the next quarter. As you begin to plot your course for growth, consider finding a coach to help you build your competencies in your selected area. Identify areas where you could coach others. This collaborative process provides mutual opportunities for learning, individual and organizational development. The grid below shows which component of EI corresponds with which question.

*Emotional Intelligence Quiz Grid*

Self Awareness				Self Management				Social Awareness				Social Skill			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

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