



EQ-i^{2.0}
assess. predict. perform.

GROUP

REPORT

EQ-i 2.0 Model of Emotional Intelligence



STRESS MANAGEMENT

Flexibility is adapting emotions, thoughts and behaviors to unfamiliar, unpredictable, and dynamic circumstances or ideas.

Stress Tolerance involves coping with stressful or difficult situations and believing that one can manage or influence situations in a positive manner.

Optimism is an indicator of one's positive attitude and outlook on life. It involves remaining hopeful and resilient, despite occasional setbacks.

SELF-PERCEPTION

Self-Regard is respecting oneself while understanding and accepting one's strengths and weaknesses. Self-Regard is often associated with feelings of inner strength and self-confidence.

Self-Actualization is the willingness to persistently try to improve oneself and engage in the pursuit of personally relevant and meaningful objectives that lead to a rich and enjoyable life.

Emotional Self-Awareness includes recognizing and understanding one's own emotions. This includes the ability to differentiate between subtleties in one's own emotions while understanding the cause of these emotions and the impact they have on one's own thoughts and actions and those of others.

SELF-EXPRESSION

Emotional Expression is openly expressing one's feelings verbally and non-verbally.

Assertiveness involves communicating feelings, beliefs and thoughts openly, and defending personal rights and values in a socially acceptable, non-offensive, and non-destructive manner.

Independence is the ability to be self directed and free from emotional dependency on others. Decision-making, planning, and daily tasks are completed autonomously.



DECISION MAKING

Problem Solving is the ability to find solutions to problems in situations where emotions are involved. Problem solving includes the ability to understand how emotions impact decision making.

Reality Testing is the capacity to remain objective by seeing things as they really are. This capacity involves recognizing when emotions or personal bias can cause one to be less objective.

Impulse Control is the ability to resist or delay an impulse, drive or temptation to act and involves avoiding rash behaviors and decision making.

INTERPERSONAL

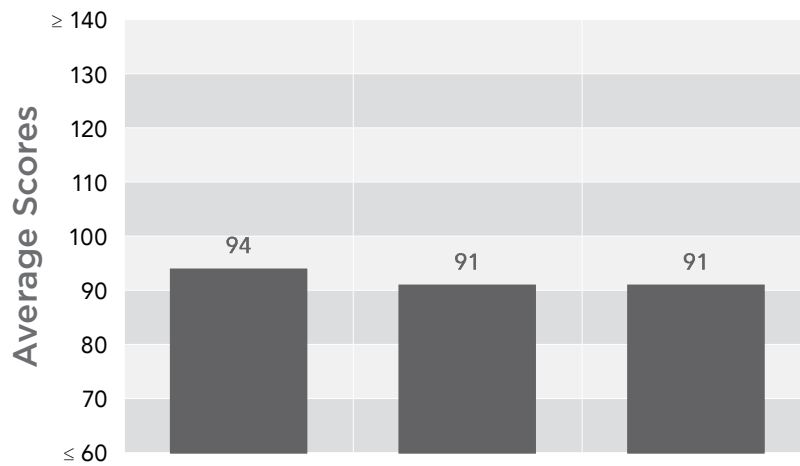
Interpersonal Relationships refers to the skill of developing and maintaining mutually satisfying relationships that are characterized by trust and compassion.

Empathy is recognizing, understanding, and appreciating how other people feel. Empathy involves being able to articulate your understanding of another's perspective and behaving in a way that respects others' feelings.

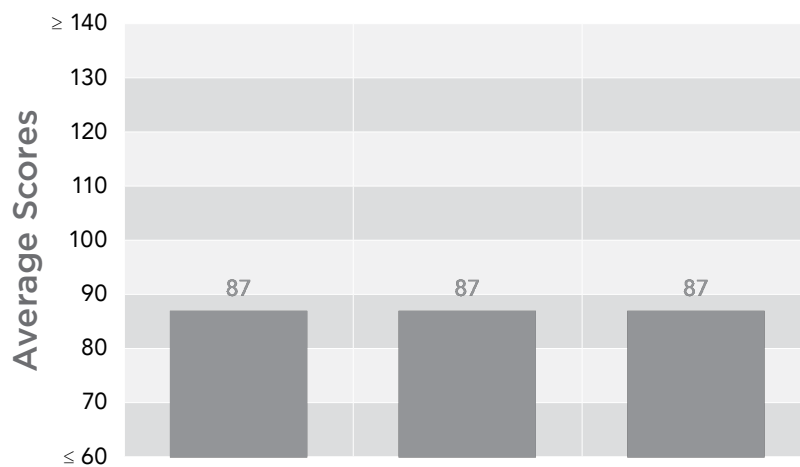
Social Responsibility is willingly contributing to society, to one's social groups, and generally to the welfare of others. Social Responsibility involves acting responsibly, having social consciousness, and showing concern for the greater community.

Executive Summary

Highest Three Subscales



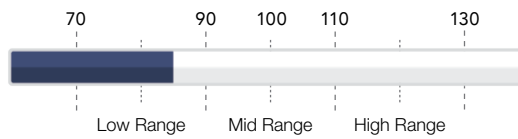
Lowest Three Subscales



Refer to the subscale pages and the strategies for action to learn about methods to develop the group's areas for improvement and how to leverage existing strengths. Be mindful that the average scores shown in the Executive Summary can be misleading if one doesn't examine the distribution of individual scores. There may be important differences within the group that are washed out when averages are calculated.

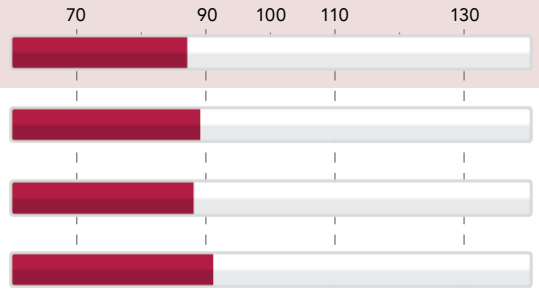
Overview of Group Results

Total EI:



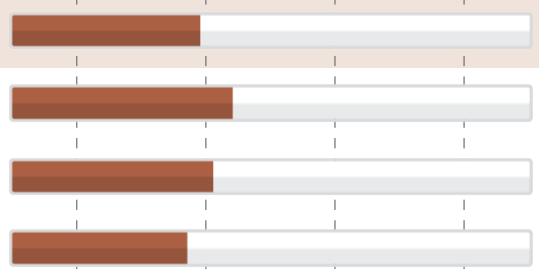
Self-Perception Composite

- Self-Regard**
Respecting oneself; confidence
- Self-Actualization**
Pursuit of meaning; self-improvement
- Emotional Self-Awareness**
Understanding own emotions



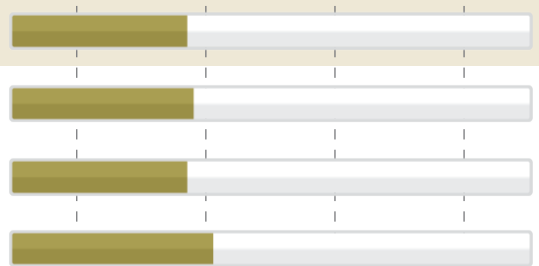
Self-Expression Composite

- Emotional Expression**
Constructive expression of emotions
- Assertiveness**
Communicating feelings, beliefs; non-offensive
- Independence**
Self-directed; free from emotional dependency



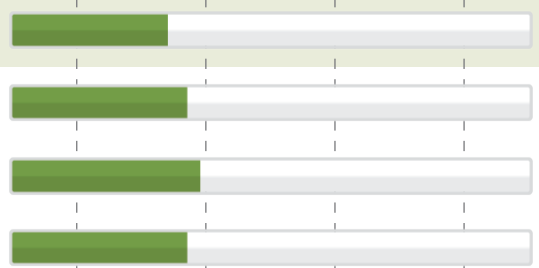
Interpersonal Composite

- Interpersonal Relationships**
Mutually satisfying relationships
- Empathy**
Understanding, appreciating how others feel
- Social Responsibility**
Social consciousness; helpful



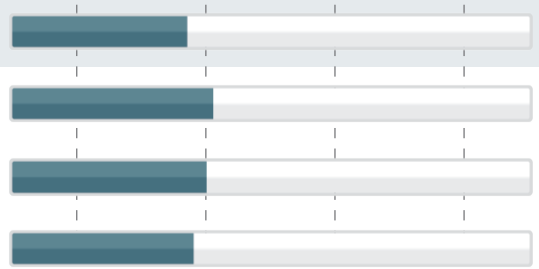
Decision Making Composite

- Problem Solving**
Find solutions when emotions are involved
- Reality Testing**
Objective; see things as they really are
- Impulse Control**
Resist or delay impulse to act



Stress Management Composite

- Flexibility**
Adapting emotions, thoughts and behaviors
- Stress Tolerance**
Coping with stressful situations
- Optimism**
Positive attitude and outlook on life



Low Range Mid Range High Range

Strategies for Action

 Highest Three Subscales

 Lowest Three Subscales



Self-Perception	Self-Regard	Self-Actualization	Emotional Self-Awareness
Self-Expression	Emotional Expression	Assertiveness	Independence
Interpersonal	Interpersonal Relationships	Empathy	Social Responsibility
Decision Making	Problem Solving	Reality Testing	Impulse Control
Stress Management	Flexibility	Stress Tolerance	Optimism