

Emotional Intelligence (EI) is the ability to identify and manage your own emotions. This capacity allows you to work constructively to overcome challenges, understand and acknowledge the needs of others, and control your reactions.

Emotional Intelligence taps into the realm of behavior that affects our relationships. This can be in the workplace as a team member or in a leadership role. Emotional intelligence is not fixed. It can be developed and improved over time. Today's workplace is busy and we are constantly interacting with others. Understanding your tendencies and developing your emotional intelligence skill set is worth your investment. The five main areas we explore in our assessment are:

- Self- Perception
- Self-Expression
- Interpersonal
- Decision Making
- Stress Management

Each of these components is broken out into subsets such as empathy, reality testing, flexibility and more. If you think this might be of value for you or your organization, give us a call at 630.469.6270 to learn more.

The EQ-i^{2.0} Model

