

What is emotional intelligence?

Emotional intelligence (EI) is defined as a set of **emotional** and **social** skills that collectively establish how well we perceive and express ourselves, develop and maintain social relationships, cope with challenges and use emotional information in an effective and meaningful way.



Why is emotional intelligence important?

Emotional intelligence is proven to be a key indicator of performance and development potential in the workplace. People with high emotional intelligence are more likely to have an effective **leadership style**, **communicate effectively** with their team, and **cope better with stress**.

The benefits of the EQ-i 2.0 assessment

The EQ-i 2.0 assessment measures 5 distinct areas to provide an overall snapshot of your emotional intelligence. Completing the assessment and identifying areas for development, can help you to:

- Increase your self-awareness
- Understand the impact of your emotions on colleagues and stakeholders
- Improve your wellbeing and resilience
- Enhance your communication and influencing skills
- Make decisions in emotionally charged situations
- Cope with stress and effectively navigate change
- Improve your leadership skills