

EMOTIONAL EXCELLENCE:

Enhance Your EQ for Success

Emotional intelligence, often referred to as EQ, is a crucial aspect of personal and professional success. It encompasses the ability to recognize, understand, and manage one's own emotions, as well as the emotions of others. Within credit unions, EQ is increasingly recognized as a key determinant of leadership effectiveness, team dynamics, and overall organizational performance.

The following assessment is designed to help you assess your emotional intelligence and identify opportunities for growth.

For each question, rate yourself:

1 – Rarely

2 – Sometimes

3 – Often

1. How often do you practice self-awareness, reflecting on your emotions and behaviors?

2. Do you actively listen to others and try to understand their perspectives before responding?

3. How well do you manage stress and remain composed during challenging situations?

4. Are you able to express your emotions effectively, communicating your feelings in a constructive manner?

5. How often do you empathize with others, understanding and sharing their emotions?

6. Do you adapt well to change and remain flexible in different situations?

7. How effectively do you resolve conflicts and manage disagreements with others?

8. Are you able to set boundaries and assert yourself when necessary?

9. How well do you recognize and control your impulses and reactions?

10. Do you regularly practice gratitude and focus on the positive aspects of your life?

Tally your score and reflect on your responses to gain insight for areas of potential growth.

Interpretations:

- **Total Score 10-17:** Your emotional intelligence skills may benefit from further development. Consider focusing on areas where you scored lower, such as self-awareness, empathy, and conflict resolution, to enhance your overall emotional intelligence.
- **Total Score 18-24:** You demonstrate moderate EQ skills, but there's still room for improvement. Identify specific areas where you can strengthen your emotional intelligence, such as stress management, adaptability, and assertiveness.
- **Total Score 25-30:** Congratulations! You exhibit strong emotional intelligence skills and effectively navigate various emotional situations. Keep up the good work and continue to cultivate your emotional intelligence to thrive in both personal and professional settings.

