

EVOLVE



EQ vs IQ

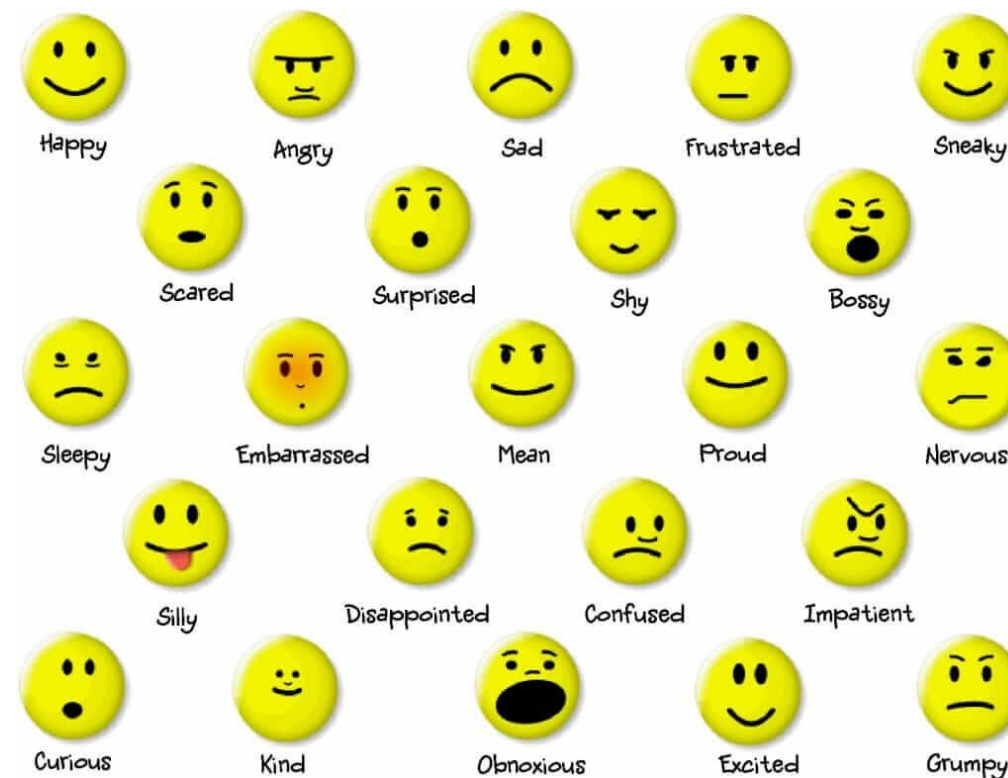


EQ or say Emotional Quotient refers to a person's ability to understand his/her emotion along with the other person's emotions

IQ stands for **Intelligence Quotient** indicates a person's intelligence level.

Exercise

- What is the first thought that comes to your mind as you wake up?
- Make a list of all the emotions that come to you everyday (on a normal day)
- Reflect on how are you feeling right now



Test your EI



Just read each statement and rate yourself on a 7-point scale from most to least characteristic of you. Be honest, as only you are reading your own scores!

Section A

Most like you – 7; Least like you - 1

SR. NO.	PARTICULARS	SCORE
1	I have a good sense of why I have certain feelings most of the time.	
2	I have good understanding of my own emotions.	
3	I really understand what I feel.	
4	I always know whether or not I am happy.	

Section B

Most like you – 7; Least like you - 1

SR. NO.	PARTICULARS	SCORE
5	I always know my friends' emotions from their behaviour.	
6	I am a good observer of others' emotions.	
7	I am sensitive to the feelings and emotions of others.	
8	I have good understanding of the emotions of people around me.	

Section C

Most like you – 7; Least like you - 1

SR. NO.	PARTICULARS	SCORE
9	I always set goals for myself and then try my best to achieve them.	
10	I always tell myself I am a competent person.	
11	I am a self-motivated person.	
12	I would always encourage myself to try my best.	

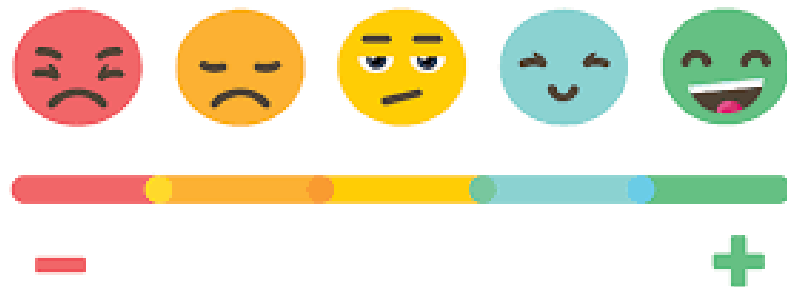
Section D

Most like you – 7; Least like you - 1

SR. NO.	PARTICULARS	SCORE
13	I am able to control my temper and handle difficulties rationally.	
14	I am quite capable of controlling my own emotions.	
15	I can always calm down quickly when I am very angry.	
16	I have good control of my own emotions.	

Test Scores

- Understand and express your own emotions(1-4)
- Perceive and understand the emotions of others around you(5-8)
- Regulate your own emotion(9-12)
- Use emotion to maximize performance (13-16)



5 Key Aspects of EI



VALUES

Remember a situation which made you feel satisfied and peaceful

- What activities have most importance to you?
- What is motivating you?
- Who was with you?
- What do you really enjoy doing and sharing?
- What gives you fulfilment?
- What qualities have people noticed in you?



Acceptance	Grace	Security
Achievement	Harmony	Self-development
Advancement	Health	Self-fulfilment
Adventure	Helping others	Self-respect
Affection	Honesty	Spirituality
Autonomy	Humour	Success
Beauty	Independence	Trust
Caring	Inner	harmony/peace
Challenge	Innovation	Uniqueness
Change	Integrity	Using my abilities
Competitiveness	Invention	Vitality
Control	Involvement	Wealth
Cooperation	Joy	Wisdom
Courage	Justice	Zest
Creativity	Leadership	Truth
Dignity	Learning	Fun
Economic	Friendship	Love
Elegance	Loyalty	Recognition
Excellence	Nurturing	Responsibility
Excitement	Order	Safety
Expertise	Personal	development
Fairness	Pleasure	Freedom
Fame	Power	
Family	Praise	

VALUES

1. Do these values you have chosen make you feel good about yourself
2. Are you proud of your top three values?
3. Would you be comfortable to tell people you respect about your values?
4. Do these values represent things you would support, even if your choice weren't popular, and it puts you in the minority?

How to improve your EQ

- Observe your reaction
- Take responsibility for your actions
- Be present
- Respect everyone – you have to give it to get it
- Always acknowledge team effort
- Lean-in – Someone you can speak to and release stress

Take care of yourself!



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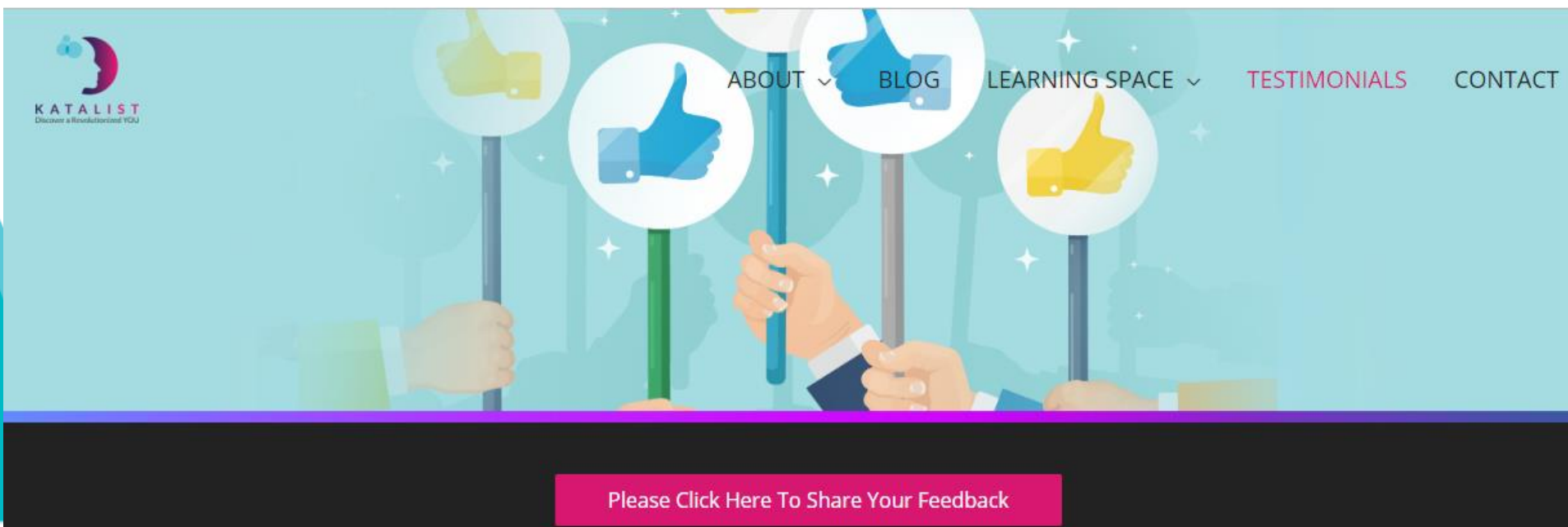
"If we could see inside
other people's hearts"

“ They may forget what
you said - but they will
never forget how you made
them feel. ”

Carl W. Buehner

Feedback

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*You cannot teach a man anything. You can only help
him discover it within himself.*

Galileo Galilei

HAPPY TRANSFORMATION!

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Empathy

- **Cognitive empathy** is basically being able to put yourself into someone else's place, and see their perspective. It enables you to put yourself in someone else's shoes, but without necessarily engaging with their emotions.
- **Emotional empathy** is when you quite literally feel the other person's emotions alongside them, as if you had 'caught' the emotions.
- **Compassionate empathy** is what we usually understand by empathy: feeling someone's pain, and taking action to mitigate the problem.

