



# Professional Practice Support

## EMOTIONAL INTELLIGENCES

Research has shown quite clearly that being successful in what you do depends

- mainly on your Emotional Intelligence
- only 4 to 10% on your IQ.

Understanding your Emotional Intelligence will benefit your social and emotional functioning.

Your Emotional Intelligence is broken up into 5 main strands that in turn are each described by a number of subgroups.

To assist your personal growth, rate yourself on each of the subgroups and then decide on an average rating for each of the strands

- you will then know what are your strengths and areas for development.

For rating yourself use

**A – very good      B – good      C – acceptable      D – needs attention**

### SELF AWARENESS

<b>Emotional Awareness</b>	How well do I know how my feelings and emotions influence my opinions, attitudes, judgements and personal interactions?	<input type="text"/>
<b>Self Assessment</b>	How well do I know what my strengths are and areas that I am limited in?	<input type="text"/>
<b>Self Confidence</b>	How confident am I in my capabilities and do I have a feeling of self worth?	<input type="text"/>
<b>Assertiveness</b>	How confident am I sharing my thoughts, opinions and ideas in discussions and conversations?	<input type="text"/>

### SELF CONTROL

<b>Impulse Control</b>	How well do I control my anxiety, impatience, overreacting; do I lose control easily?	<input type="text"/>
<b>Independence</b>	How well am I able to make decisions on my own, select my thinking and how I behave?	<input type="text"/>
<b>Flexibility</b>	How well am I able to make adjustments to my thinking and behaviours, opinions and ideas. Do changes unsettle me?	<input type="text"/>
<b>Stress Control</b>	How well do I cope with things that don't go right and stressful situations; do I keep my cool?	<input type="text"/>

### SELF MOTIVATION

<b>Self Reality</b>	How good do I feel about my achievements, pursuits in life and what I do on a daily basis?	<input type="text"/>
<b>Self Focus</b>	How well do I maintain my focus, set realistic goals and targets, not daydream or get distracted by aspects in the environment?	<input type="text"/>
<b>Problem Solving</b>	How well am I able to approach problems systematically, balance all relevant options, use higher level thinking tools and reach considered conclusions?	<input type="text"/>
<b>Optimism</b>	How well do I maintain a positive attitude and outlook when under pressure in stressful situations?	<input type="text"/>
<b>Initiative</b>	How willing am I to embrace new ideas and approaches? Do I enjoy making the most of opportunities?	<input type="text"/>

### EMPATHY

<b>Awareness of Others</b>	How well do I sense, understand and appreciate the feelings of others and show real interest in them?	<input type="text"/>
<b>Developing Others</b>	How well do I recognise ways that I can help others to develop and make the most of their abilities?	<input type="text"/>

### MANAGING RELATIONSHIPS

<b>Social Responsibility</b>	How well do I contribute to an atmosphere of co-operation and feel responsible to make things work for others?	<input type="text"/>
<b>Social Skills</b>	How well do I relate to others through my listening, communicating verbally and using body language?	<input type="text"/>
<b>Co-operation</b>	How well do I work with others towards achieving shared goals? Do I build bonds with others?	<input type="text"/>
<b>Conflict Resolution</b>	How well do I seek to understand, the views and feelings of others when resolving conflict? Am I perceptive and receptive to others' needs?	<input type="text"/>
<b>Happiness</b>	How happy and satisfied am I with my life; do I maintain a happy attitude and friendly disposition? Do I try to lift spirits and feelings of others?	<input type="text"/>

When you can build a deep understanding of your emotions and feelings you will find that

- you will enjoy the journey more
- the world and your dreams will look after themselves.