





Emotional Intelligence

Low Emotional Intelligence		High Emotional Intelligence
Aggressive Demanding Egotistical Bossy Confrontational		Assertive Ambitious Driving Strong-Willed Decisive
Easily Distracted Glib Selfish Poor Listener Impulsive		Warm Enthusiastic Sociable Charming Persuasive
Resistant to Change Passive Un-Responsive Slow Stubborn		Patient Stable Predictable Consistent Good Listener
Critical Picky Fussy Hard to Please Perfectionistic		Detailed Careful Meticulous Systematic Neat

Emotional Intelligence: What is it?

Emotional Intelligence (EI) is a set of **emotional** and **social skills** that influence the way we see and express ourselves, manage relationships, deal with challenges, and process emotional information.

Emotional Quotient (EQ) is different from Intelligence Quotient (IQ)

Our IQ peaks at around 17 years of age.

Our EQ is not static but increases with age, peaking in the late 40's.

Why should I care about my EQ?

Studies have shown that our EQ accounts for 27-45% of job success.

WHAT IS YOUR EQ?



What can JUNA offer you?

- **EQ-i 2.0 Assessments**
 - Workplace Report – 21 pages
 - Leadership Report – 27 pages
 - EQ-360 – identify “blind spots”
 - Team Charts
- **Workshops**
 - Training in EQ concepts & strategies
 - Customized team building sessions
- **Coaching to Increase EI**
 - Individual coaching for you and your team
 - Group coaching after a team building workshop



Contact the JUNA Team Today!

www.junaconsulting.com