

IMPLEMENTING WHAT YOU LEARNED: AN INTRODUCTION TO EMOTIONAL INTELLIGENCE (EQ)



1. What does having EQ mean to you?
2. Gauge your own EQ, what component(s) are your strengths
3. What component of EQ do you feel you need more practice with?
4. Notice your ability to self regulate in various situations. What causes it to fluctuate?
5. List 3 situations in your career right now that would benefit from an increase in your EQ. Also list the benefits.
6. Create a plan to implement at least one of the situations listed in 5 above.