



Institute for
**SOCIAL AND EMOTIONAL
INTELLIGENCE**

Profile Report for:

Bob Jones

Date

**The Social and Emotional Intelligence
Profile
Workplace Edition**



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Bob your SEIQ is 275 - Average, or Slightly Above

What Your SEQScore Means

You have average or slightly above average emotional intelligence. This is good, and yet there is still room for improvement. You are likely aware of your own emotions, and are using that information to some extent in deciding how to respond to challenging situations. You are also fairly sensitive to the emotional climate of the people around you – your family, friends, colleagues, and if you have them, your direct reports, supervisor, other employees, and key customers and clients. You are also probably somewhat aware of the effect your behavior has on others. To zero in on what needs improvement, check your section scores and ask yourself: In what areas am I the strongest (and celebrate yourself for these). In what areas do I need to improve? What situations generally create tension and stress for me? How am I handling these situations? What can I do differently? What negative thoughts play over and over in my mind on a regular basis? Are these a true picture of reality? If you work on gaining clarity in these areas, you will move toward greater success and effectiveness at work and greater happiness, and fulfillment in life. You have it in you so go for it!

Four-Quadrant Model of Social + Emotional Intelligence

Social and emotional intelligence is the ability to be aware of our own emotions and those of others, *in the moment*, and to use that information to manage ourselves and manage our relationships.

	Self	Other		
Awareness	Self-Awareness		Other Awareness	
	Emotional Self-Awareness	(10 - Average)	Empathy	(6 - Vulnerable)
	Accurate Self-Assessment	(11 - Strong)	Organizational Awareness	(13 - Strong)
	Personal Power	(14 - Exceptional)	Service Orientation	(10 - Average)
Management	Self-Management		Relationship Management	
	Behavioral Self-Control	(7 - Vulnerable)	Communication	(13 - Strong)
	Integrity	(12 - Strong)	Interpersonal Effectiveness	(9 - Average)
	Innovation & Creativity	(9 - Average)	Powerful Influencing Skills	(13 - Strong)
	Initiative & Bias for Action	(9 - Average)	Conflict Management	(11 - Strong)
	Achievement Drive	(15 - Exceptional)	Inspirational Leadership	(13 - Strong)
	Realistic Optimism	(12 - Strong)	Catalyzing Change	(12 - Strong)
	Resilience	(14 - Exceptional)	Building Bonds	(7 - Vulnerable)
	Stress Management	(8 - Average)	Teamwork & Collaboration	(8 - Average)
	Personal Agility	(10 - Average)	Coaching & Mentoring Others	(7 - Vulnerable)
Intentionality	(14 - Exceptional)	Building Trust	(8 - Average)	



Social + Emotional Intelligence Profile

