Emotional Intelligence (EQ) does not exist apart from relationships. We are created, developed, and sustained in relationship throughout our lives. Our brain and our emotional competencies develop in relationship. As adults, our emotional intelligence is dynamic and our responses to stress often vary depending on the situation and the people involved.

The EQ in Action Profile, developed by Learning in Action Technologies, provides you with an overview of your basic internalized relational map that has been developed through life experience from infancy to this moment. The report indicates your relationship strategies in different difficult contexts, focusing on the core EQ competencies of self-reflection, self-regulation, and empathy.

Interested in learning more about your own Emotional Intelligence?
Register for Gonzaga University’s Emotional Intelligence package (priced at $200).
Features include:

- Access to online, video-based EQ assessment, culminating in a 20-page report.
- One-hour individual debriefing with certified consultant.
- Recommendations for further developing your Emotional Intelligence.

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Or email Kelsey Solberg | solberg@gonzaga.edu