

Emotional Intelligence (EQ) assessment

Understand how you relate to others



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*.

About the assessment

>The 'EQ in Action Profile' measures your emotional intelligence competencies by engaging you in a series of videos in which someone is speaking directly to you.

>You are asked to track your own experience as you watch each video and attend to what the individual talking to you must be experiencing. This is done by providing you with a choice of words and statements for each video and asking you to rate the degree to which the word or statement fits your experience.

>An EQ profile report is created based upon your reported experience. The tool provides a "snapshot view" of how you use your emotional competence in various stressful situations.

>Finally, you receive a **1-hour debriefing** with a Gonzaga consultant to discuss your profile and opportunities for EQ development.

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

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