

Emotional Intelligence (EQ) Profile

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 Profile, created 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*.

A \$200 Emotional Intelligence package includes:

- Access to online, video-based EQ assessment, culminating in a 20-page report.
- One-hour individual debriefing with certified consultant (either in person or via video conference)
- Recommendations for developing your Emotional Intelligence.

Available at <https://commerce.cashnet.com/GULEAD>

HOW IT WORKS:

>The tool places you in a realistic situation as you watch several video segments where someone is talking directly to you.

>You are asked to track your own experience as you watch the 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.

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

"While the emotional needs of today's workforce may seem like a tall order for employers, they're worth your attention. Investing in EQ has brought our company more engaged, committed employees, and we'll continue to put a premium on this effort moving forward."

-Mariah Deleon, Vice President of People, Glassdoor, as quoted in *Entrepreneur*, May 2015

TO LEARN MORE, PLEASE CONTACT:

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