Emotional intelligence, more than any other factor, more than I.Q. or expertise, accounts for 85% to 90% of success at work... I.Q. is a threshold competence. You need it, but it doesn’t make you a star. Emotional intelligence can.

Warren G. Bennis

WHAT IS EMOTIONAL INTELLIGENCE?
This article provides a brief introduction to the concept and what it means to be emotionally intelligent in the workplace.
(3 min)

WHY EMOTIONAL INTELLIGENCE?
Listen to Daniel Goleman explain why emotional intelligence is the key determiner of success.
(8 mins)

5 ELEMENTS OF EQ
This infographic summarises Daniel Goleman’s 5 essential components of emotional intelligence, along with tips on how to develop each one.
(5 mins)

LEADERSHIP & EMOTIONAL INTELLIGENCE
This Harvard Business Review article examines why emotional intelligence is important in leadership.
(5 min)

MY EMOTIONAL INTELLIGENCE
This questionnaire is designed to help you assess your own levels of emotional intelligence.
(1 hour)

DEVELOPING YOUR EMOTIONAL INTELLIGENCE
This course introduces you to what emotional intelligence is and why it’s important. It will also help you develop your self-awareness and practically apply what you learn to enhance your performance.
(30 mins)

FURTHER READING
Here are a selection of useful references and web links which you will find helpful in extending your understanding of emotional intelligence.

WANT A DEEPER DIVE?
If you want to explore your emotional Intelligence further you can do so using the EQI 2.0 Psychometric Tool. Find out more about psychometric and feedback tools in this overview.