

EMOTIONAL INTELLIGENCE TOOLKIT

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

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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)



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)



WHY EMOTIONAL INTELLIGENCE?

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



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)



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)



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.

