



**Exploring  
Emotional  
Intelligence**

**Workbook**

# Pre-work Reflection

Think about a recent situation that did not go quite as you had planned. Place yourself back in the moment of that situation and answer the following questions:

- What was going on in the situation?
- What were you thinking about during that time?
- What are some of the things you said or did?
- What were you noticing about the other individual(s)?
- As you think about it now, what might you have done differently?



# Reflect on your own experiences



- How do your emotions influence how you respond?
- Do the things you are feeling have an impact on the decisions you make or how you interact with others?
- How well do you communicate with others?
- Do you find yourself experiencing impatience, anger, or annoyance often?
- What are some ways you can deal with these feelings effectively?

# How Emotionally Intelligent Are You?

1. [Visit this link to access the self assessment](#)
2. Evaluate each statement as you actually are, rather than as you think you should be
3. When you've finished, click "Calculate My Total," and use the table that follows to think about next steps



## Personal Planning

EI Component	Why do I need to develop this?	Actions I will take to develop this
<i>Self Awareness</i>		
<i>Social Awareness</i>		
<i>Self Management</i>		
<i>Relationship Management</i>		

### Additional Resources

<i>What additional information or resources do I need?</i>	
<i>Who can help me to be successful?</i>	

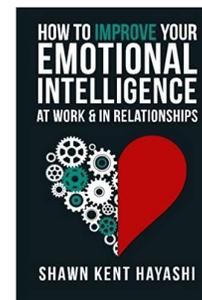
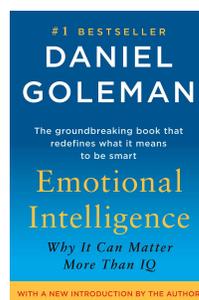
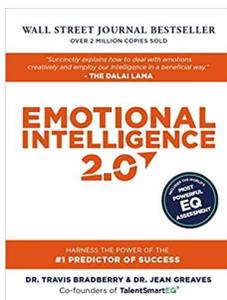
### Follow-Up

Today's Date	
Date I will follow-up on my plan	

# Continued Learning and Resources

- LinkedIn Learning
  - [Developing Your Emotional Intelligence](#)

## Books to explore



Bradberry, T., & Greaves, J. (2009). *Emotional Intelligence 2.0*. TalentSmart.

Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam Books.

Hayashi, S. K. (2016). *How To Improve Your Emotional Intelligence At Work & In Relationships*. The Professional Development Group LLC.