

People Skills and EQ

Personal assessment

(Fill in or print out and circle numbers below):

Connection

- I can make strong connections quickly 1 2 3 4 5 6 7 8 9 10
- I make effective first impressions 1 2 3 4 5 6 7 8 9 10
- I am conscious of how I connect with others 1 2 3 4 5 6 7 8 9 10
- I start conversations with new people with ease 1 2 3 4 5 6 7 8 9 10
- I rapidly earn people's trust 1 2 3 4 5 6 7 8 9 10

What is one aspect of Connection that you would like to improve on?

Recognition

- I am good at remembering names 1 2 3 4 5 6 7 8 9 10
- I am an empathetic listener 1 2 3 4 5 6 7 8 9 10
- I give impactful appreciation to others 1 2 3 4 5 6 7 8 9 10
- I strive to learn people's story 1 2 3 4 5 6 7 8 9 10
- I stay focused when others are speaking 1 2 3 4 5 6 7 8 9 10

What is one aspect of Recognition that you would like to improve on?

Influence

- I am good at persuading groups 1 2 3 4 5 6 7 8 9 10
- I can win people to my ideas 1 2 3 4 5 6 7 8 9 10
- I am intentional when I influence others 1 2 3 4 5 6 7 8 9 10
- Building trust comes natural to me 1 2 3 4 5 6 7 8 9 10
- I plan my approach when influencing others 1 2 3 4 5 6 7 8 9 10

What is one aspect of Influence that you would like to improve on?

Conflict

- I don't let emotions cloud my thinking during conflict 1 2 3 4 5 6 7 8 9 10
- I can respectfully disagree with people well 1 2 3 4 5 6 7 8 9 10
- I see the value in conflict 1 2 3 4 5 6 7 8 9 10
- I can give negative feedback that people welcome 1 2 3 4 5 6 7 8 9 10
- I avoid arguments while still voicing my opinion 1 2 3 4 5 6 7 8 9 10

What is one aspect of Influence that you would like to improve on?

People Focused

- I focus on other people's perspective as much as my own 1 2 3 4 5 6 7 8 9 10
- I speak in terms of other people's wants more than my own 1 2 3 4 5 6 7 8 9 10
- I work hard to understand peoples' backgrounds 1 2 3 4 5 6 7 8 9 10
- People are drawn to me 1 2 3 4 5 6 7 8 9 10

What is one aspect of Influence that you would like to improve on?

Emotional Intelligence

- I often remain calm when others lose their cool 1 2 3 4 5 6 7 8 9 10
- Stress rarely gets the best of me 1 2 3 4 5 6 7 8 9 10
- I have a high level of self-awareness 1 2 3 4 5 6 7 8 9 10
- I make effective decisions despite my emotions 1 2 3 4 5 6 7 8 9 10
- I can read people's emotions effectively 1 2 3 4 5 6 7 8 9 10

What is one aspect of Influence that you would like to improve on?

Positive Outlook

I am generally a happy person

1 2 3 4 5 6 7 8 9 10

I typically focus on the positive

1 2 3 4 5 6 7 8 9 10

I focus on achievement over comfort

1 2 3 4 5 6 7 8 9 10

I work towards a meaningful life

1 2 3 4 5 6 7 8 9 10

I look for and find the good in the situation

1 2 3 4 5 6 7 8 9 10

What is one aspect of Influence that you would like to improve on?
