

EMOTIONAL INTELLIGENCE SUPPORTING YOUR GOALS

Higher emotional intelligence can assist with efficiently accomplishing goals. Developing and creating goals for emotional intelligence components can set you up for further success in your career growth.

Praeliscere encourages taking a 360-Degree Assessment regarding emotional intelligence. If a 360-Degree Assessment isn't currently available to complete, a self assessment will suffice for this exercise.

EI SUPPORTING YOUR GOAL #1

What were your top components identified from your assessment?

What elements of the components could be your superpower(s)?

What is one of your goals that you want to accomplish?

How can your superpower(s) or top emotional intelligence component(s) apply to accomplishing this?

What can you further develop within emotional intelligence or within component(s) to help accomplish this goal?

EMOTIONAL INTELLIGENCE SUPPORTING YOUR GOALS

EI SUPPORTING YOUR GOAL #2

What were your top components identified from your assessment?

What elements of the components could be your superpower(s)?

What is one of your goals that you want to accomplish? Whether a short or long term goal was chosen for your first option, consider choosing the other spectrum or another area of focus. This can allow deeper understanding of applying EI.

How can your superpower(s) or top emotional intelligence component(s) apply to accomplishing this?

What can you further develop within emotional intelligence or within component(s) to help accomplish this goal?