
TSW
TRAINING
Your Emotional Intelligence
Personalised Report
MELIANA SUBANDI

# Your Emotional Intelligence Report

## Report Overview

Welcome to your personalised Emotional Intelligence (EQ) report! Rooted in the influential work of Dr. Daniel Goleman, this scorecard has delved into your responses to gauge your EQ across five pivotal domains:

1. **Self-awareness:** Your ability to easily recognise and understand your own emotions, and having the power to see how they influence your actions and choices.
2. **Self-regulation:** Your skill in handling strong emotions and avoiding impulsive decisions or conflicts in social situations.
3. **Self-motivation:** Your inner will that drives you to pursue your goals and push yourself to succeed, even when there are no external rewards or recognition involved.
4. **Social Awareness:** Your ability to sense and understand the emotions and needs of others, allowing you to notice subtle emotional signals that often go unnoticed by many.
5. **Social Skills:** Your skill in handling relationships, creating connections, and navigating social situations to achieve positive results.

Your scores in these domains provide insight into your strengths and areas where there might be room for growth.

## How to Use Your EQ Scorecard

Our EQ scorecard is designed to arm you with knowledge; it's a self-awareness tool that should be used positively, helping you to determine your strengths and areas for development.

Here's what your scores signify:

**A Strength to capitalise on:** These scores are much higher than average and indicate a noteworthy strength. These strengths probably come naturally to you or exist because you have worked hard to develop them. Seize every opportunity to use these emotionally intelligent behaviours to maximise your success. You are highly competent in this skill, so work to capitalise on it and achieve your potential.

**Something you should work on:** This is an area where you sometimes demonstrate emotionally intelligent behaviour but not usually. You may be starting to let people down. Perhaps this is a skill area that doesn't always come naturally to you or that you don't make use of. With a little improvement in this skill, your credibility will go way up.

**A concern you must address:** A lower score in any domain shouldn't be viewed as a deficiency but as an opportunity. It merely highlights areas where you can focus your efforts to deepen your EI, enhancing personal and interpersonal success.

In the upcoming sections of this report, we're going to dig into each domain and offer you some personalised feedback.

We'll also share practical tips to help you continue growing your emotional intelligence — it is a skill that gets better with practice, just like anything else!

Thanks for joining us on this self-discovery journey. Now, let's dive into your scores and set you on the path to becoming an even more emotionally intelligent version of yourself!

**Check out the next page for your scores...**



# Your Report Overview

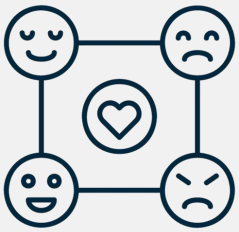
**We've scored you against the following key areas, indicating your areas of strength and areas for development.**

On the following pages, we provide you with more detail on the specific EQ domains, including tips for improvement, development and maintenance depending on your scores.



**Self-Awareness:**

92%



**Self-Regulation:**

76%



**Self-Motivation:**

92%



**Empathy**

100%



**Social Skills:**

100%

# Your Overall Score

Your overall emotional intelligence score in this report shows how well you understand and handle your emotions and how you manage relationships with others.

A higher score means you're good at these things, while a lower score suggests there's room for improvement. Whether your score is high or low, know that you can get better with practice and self-awareness. This report is a starting point to help you grow your emotional intelligence and have better relationships with people.




Your scores are significantly above average, indicating a remarkable strength. These strengths may come naturally to you or result from your hard work and dedication. Make the most of these emotionally intelligent abilities to enhance your success.

You excel in this skill, so focus on leveraging it to reach your full potential. Your score is above average, although there are a few instances where you may not consistently exhibit emotionally intelligent behavior.

You've done many things right to achieve this score, but there's room for improvement with some practice. Take a closer look at the behaviors contributing to this score and think about how you can refine your skills.



**Self-Awareness**

Your Score:

92%

You're a Pro

# Self-Awareness

Self-awareness is the key to developing emotional intelligence. Daniel Goleman, an Emotional Intelligence Author, states that self-awareness is made up of three main elements.

1. **Emotional Awareness**
2. **Accurate Self-Assessment**
3. **Self-Confidence**

The three elements of self-awareness work together to build a holistic understanding of oneself, which is essential for managing emotions, building relationships, and achieving success, including personal and professional.

Self-awareness is the ability to recognise and understand your own thoughts, feelings, and emotions. There are basically 2 types of self-awareness, **knowing ourselves** and **knowing how others see us**.

# Tips to improve your Self-Awareness score



## Your Self-Awareness Score: Strong

Impressive! Your high score reflects an admirable level of self-awareness. Your ability to recognise and understand your emotions is a significant strength, and you likely use this insight to navigate your actions and choices effectively.

Sustaining Your Success:

1. **Continuous Learning:** Even experts have room to grow. Delve into advanced mindfulness techniques or engage in deeper emotional exploration exercises.
2. **Mentorship:** Share your valuable insights and experiences with colleagues or friends. Teaching others can reinforce your own knowledge and deepen your self-awareness.
3. **Embrace Feedback:** While you already possess a solid grasp of your emotions, always remain open to feedback. There's always something new to discover about ourselves.

Your dedication to self-awareness is commendable. Keep up the outstanding work, and continue to harness this strength to excel both personally and professionally.



**Self-Regulation**

Your Score:

76%

You're a Pro

# Self-Regulation

Self-management is a crucial aspect of emotional intelligence and is essential for success in various contexts, including personal and professional.

In today's fast-paced and dynamic world, mastering self-regulation is a crucial factor for achieving success, both personally and professionally. Whether you aim to excel in your career, foster more meaningful relationships, or improve your overall well-being, self-regulation serves as your guiding compass toward these goals.

Self-management, at its core, revolves around the art of controlling and steering your own emotions, thoughts, and behavior. It encompasses the cultivation of skills that empower individuals to effectively regulate their emotions and behaviors in a manner that is not only healthy but also adaptive to various situations and conducive to achieving desired outcomes.

# Tips to improve your Self-Regulation score



## Your Self-Regulation Score: Strong

Impressive! Your high score indicates an admirable mastery over your emotions and impulses. Maintaining your composure, especially during challenging moments, is a remarkable strength.

### Sustaining Your Mastery

1. **Seek New Challenges:** Put yourself in fresh or slightly uncomfortable situations. This practice reinforces and can even enhance your emotional regulation skills.
2. **Guide and Support Others:** Extend your expertise to colleagues or friends who may struggle in this area. Sharing effective techniques can be mutually beneficial.
3. **Embrace Self-Reflection:** Maintain a continuous habit of introspection regarding your reactions. Consistent self-assessment ensures you remain at the peak of your emotional regulation prowess.

Your outstanding self-regulation skills exemplify your emotional maturity. Keep harnessing this strength as you navigate interactions with the world around you.



**Self-Motivation**

Your Score:

92%

You're a Pro

# Self-Motivation

While you may notice some areas where you'd like to grow, remember that every journey starts with a first step. In this section, we'll be focusing on an area where you've identified room for improvement, specifically, motivation.

Recognising areas for growth, such as motivation, is a positive step towards enhancing your emotional intelligence and overall well-being. It's important to remember that motivation can be developed and strengthened over time with the right strategies and mindset. Embrace this opportunity to work on your motivation, and you'll be on the path to achieving your goals and becoming a more motivated and successful individual.

# Tips to improve your Self-Motivation score



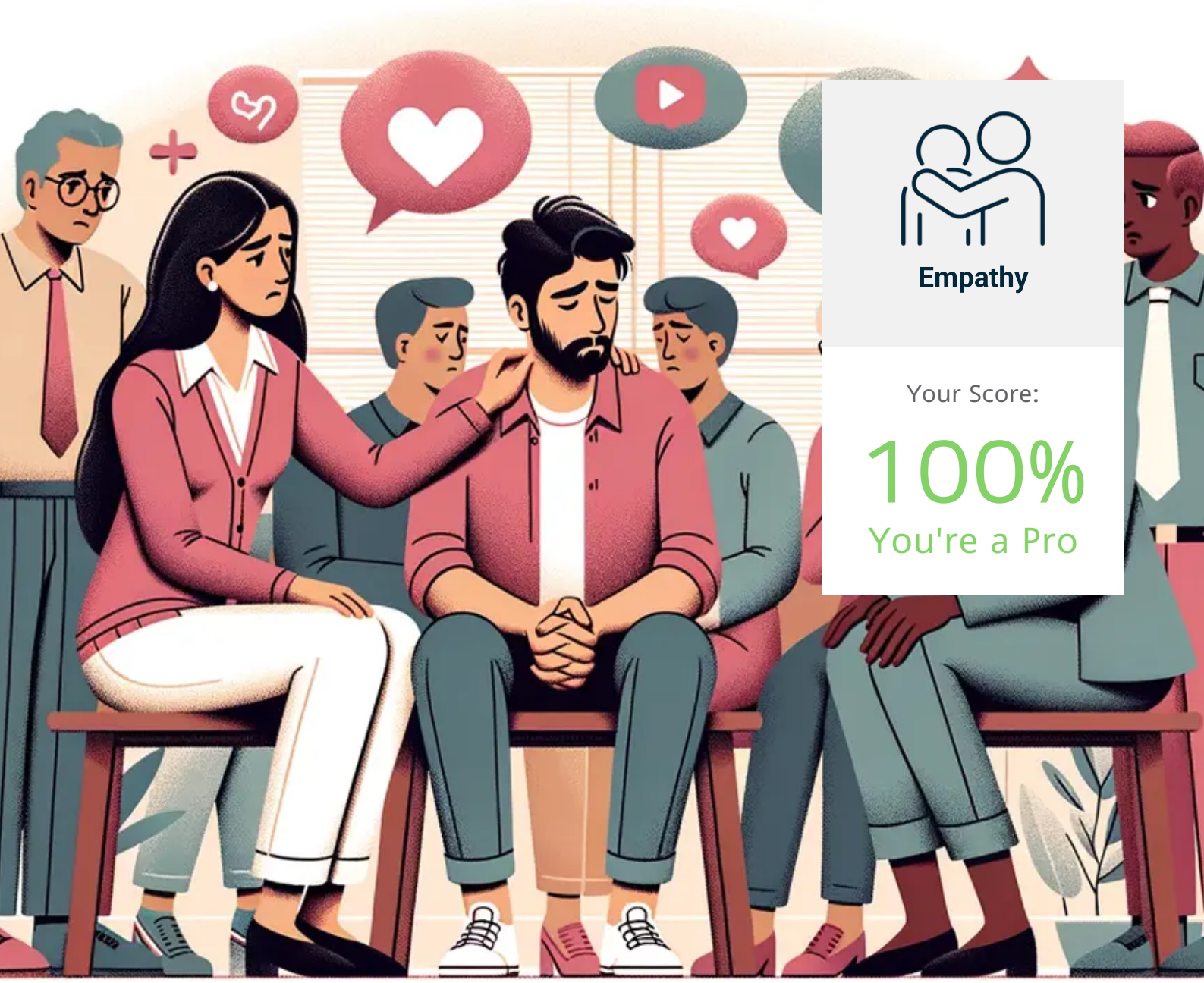
## Your Self-Motivation Score: Strong

Kudos! Your high score reveals a potent inner drive. Your intrinsic motivation not only fuels your own journey but is likely a source of inspiration for those around you.

### Sustaining Your Mastery

1. **Embrace Challenges:** Seek opportunities that push you beyond your comfort zone. These experiences can reignite your passion and introduce you to new avenues of personal growth.
2. **Mentor and Uplift:** Utilise your powerful self-motivation to uplift and guide others. Sharing your own journey can be immensely fulfilling and motivating for those you mentor.
3. **Stay Curious:** Explore new fields, skills, or hobbies. Continuous learning can nourish your passion and keep your motivation burning brightly.

Your unwavering self-motivation is a guiding light for others. Keep harnessing this inner energy, and there's no limit to the heights you can reach!



Empathy

Your Score:

100%

You're a Pro

# Empathy

Empathy is your ability to tune into the emotions and needs of those around you. This facet of Emotional Intelligence concerns itself with social awareness—understanding and sharing the feelings of others. It allows you to pick up on social cues, often subtle, that many might overlook.

A keen sense of Empathy fosters genuine connections and ensures that you navigate social complexities with tact and understanding.

When you enhance your Empathy, you become more attuned to the feelings and needs of others. This heightened sensitivity allows you to connect with people on a deeper level, demonstrating that you truly care and understand their experiences. As a result, you can build trust, resolve conflicts more effectively, and navigate social situations with greater ease.

# Tips to improve your Empathy score



## Your Empathy Score: Strong

Bravo! Your high score showcases your innate talent for forming deep connections and truly understanding those you encounter. This empathetic ability undeniably enriches both your personal and professional relationships.

### Sustaining Your Mastery

1. **Stay Present:** Ensure your full engagement in social interactions by resisting distractions and being fully in the moment.
2. **Share Your Insights:** Help others recognise the significance of social awareness and provide guidance on their own journeys in this domain.
3. **Continuous Learning:** Dive into literature or courses centered on social psychology or emotional intelligence to further refine and expand your skills.

Your acute social awareness is a gift—continue using it to forge meaningful connections and enrich the lives of those you interact with.



**Social Skills**

Your Score:

100%

You're a Pro

# Social Skills

Social skills play a pivotal role in emotional intelligence (EQ) as they are the foundation for building and maintaining meaningful relationships.

Having strong social skills enables us to communicate effectively, empathise with others, and navigate social situations with finesse. These abilities are crucial for creating harmonious connections both in our personal and professional lives.

Being attuned to social cues, understanding non-verbal communication, and practicing active listening are all part of a well-developed EQ. Ultimately, social skills empower us to connect on a deeper level, resolve conflicts peacefully, and foster an environment of trust and cooperation, enhancing our overall emotional intelligence.

# Tips to improve your Social Skills score



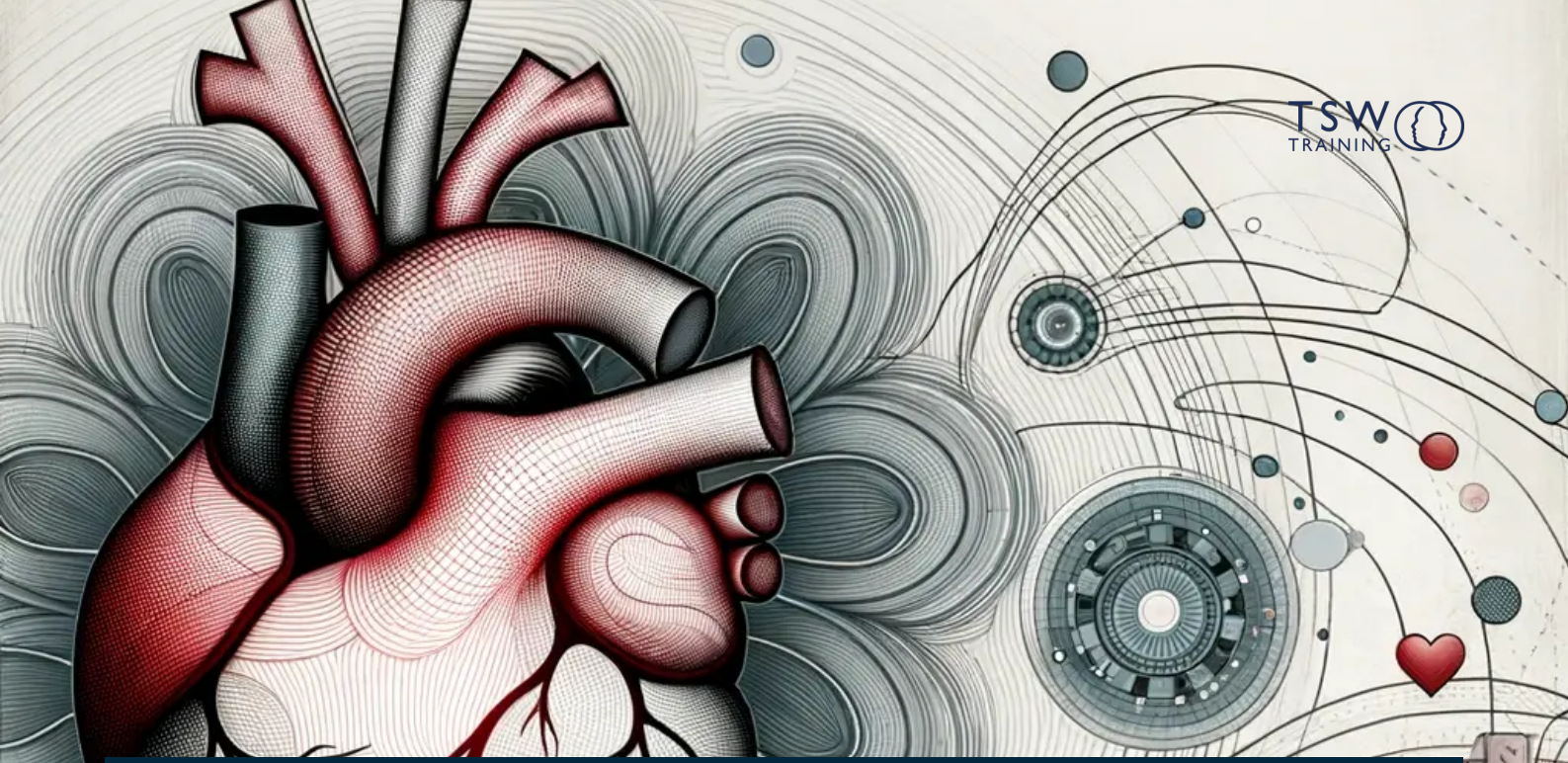
## Your Social Skills Score: Strong

Congratulations! Your impressive score reflects your mastery of interpersonal interactions. Your exceptional ability to connect, communicate, and collaborate makes you a valuable asset in any team or social context.

### Sustaining Your Mastery:

1. **Mentor Others:** Consider sharing your expertise to help others enhance their social skills. Guiding and supporting others can be a rewarding experience while reinforcing your own understanding.
2. **Stay Adaptable:** Social dynamics are continually evolving. Stay up-to-date with changing social norms and communication techniques to remain effective in various situations.
3. **Embrace Diversity:** Seek out conversations and collaborations with individuals from diverse backgrounds and personalities. This enriches your experience and further hones your social skills.

Your stellar social skills set you apart. Continue leveraging this strength, and you're bound to leave a positive impact on every interaction you engage in.



## Develop Your Emotional Intelligence With TSW

Your journey to enhancing emotional intelligence is just beginning, and there's so much potential ahead. As you digest the insights from this report, you might be contemplating the next steps. At TSW, we're here to support you.

**Here's How You Can Deepen Your Understanding:**

**📖 Scour Our Blog**

Take a look at our blog articles centred around emotional intelligence, you can start with our comprehensive guide to Daniel Goleman's Five Domains of Emotional Intelligence.

**📅 Book a Consultation To Discuss Course Options:**

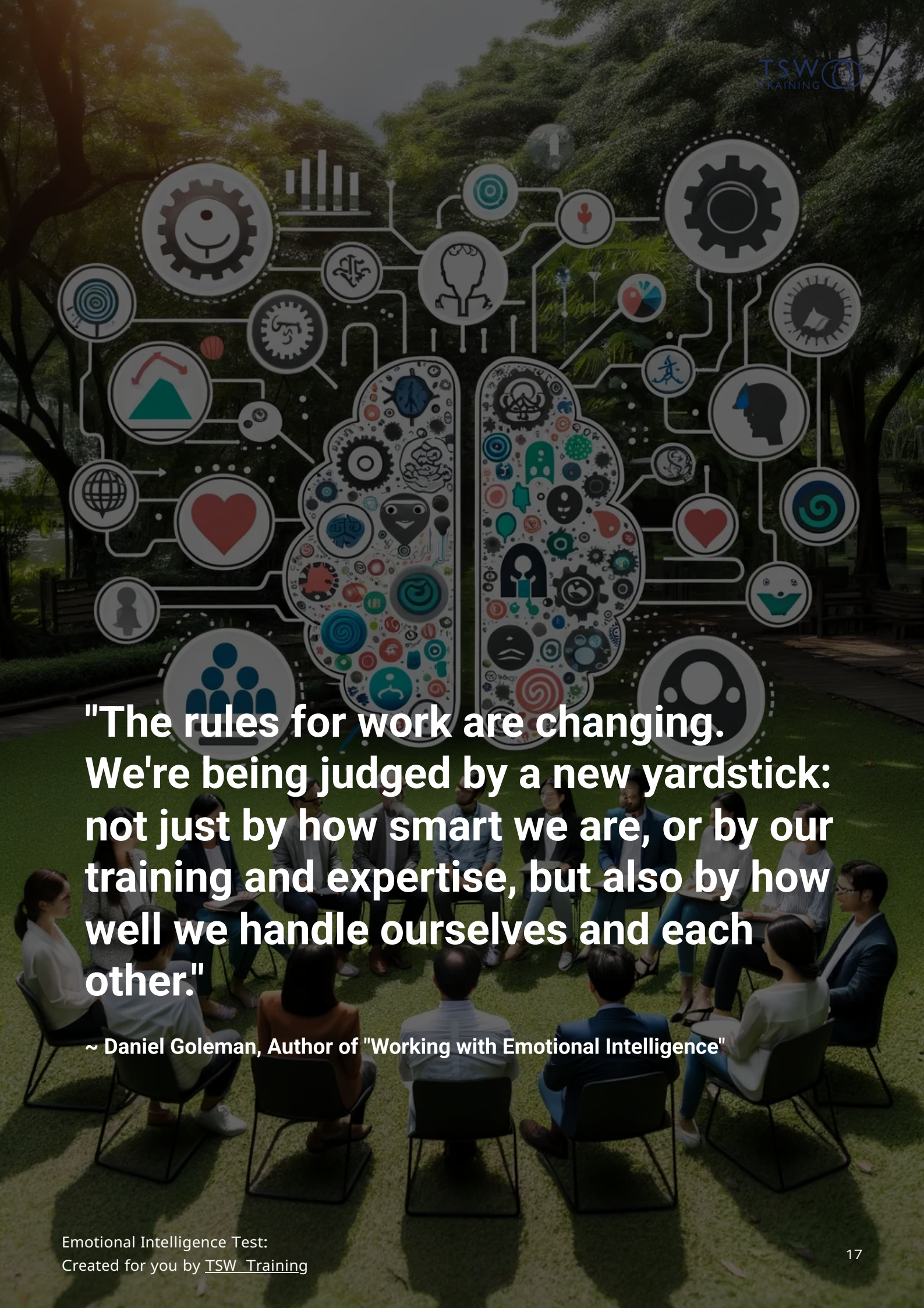
Speak directly with one of our learning and development advisers to discuss your report and get personalised recommendations. Contact Us Here

**📝 Inquire About Our Courses:**

If you want to dive deeper, our Emotional Intelligence Course offers hands-on learning, practical exercises, and real-world applications.

Take the next step. Unleash the true potential of your emotional intelligence with TSW.

VIEW THE EQ COURSE...


"The rules for work are changing.
We're being judged by a new yardstick:
not just by how smart we are, or by our
training and expertise, but also by how
well we handle ourselves and each
other."
~ Daniel Goleman, Author of "Working with Emotional Intelligence"

# Thank You for Embarking on Your EQ Journey With TSW!

Dear MELIANA,

First, thank you for taking the time to engage with our Emotional Intelligence quiz. By doing so, you've showcased your commitment to personal growth and taken a significant step towards unlocking a higher level of understanding and gaining mastery over your EQ.

At TSW Training, we believe that every individual holds the potential to drive positive change, both for themselves and for those around them. Your dedication to enhancing your emotional intelligence is a testament to this belief.

For over 60 years, TSW Training has been at the forefront of facilitating transformational growth. As a leading UK provider of training courses and qualifications, our mission has been unwavering: to propel organisational, team, and individual performance to unparalleled heights.

Our seasoned trainers, comprehensive courses, and unwavering commitment to excellence have positioned us as a trusted partner to countless individuals and organisations, much like yourself.

Should you wish to explore further the vast realm of Emotional Intelligence or any other personal and professional development areas, know that TSW Training is here to support, guide, and elevate your journey every step of the way.

Once again, thank you for your time and trust. We hope this report provides valuable insights and serves as a stepping stone towards a brighter, emotionally intelligent future.

Warm regards,

The TSW Training Team

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