

Assessing Emotional Intelligence

The EQi-2.0 assessment breaks down emotional intelligence into skills that we recognize in our daily lives.

High and low scores help clients understand their strengths and pinpoint opportunities to grow.

Imbalances reveal patterns that lead to stressful situations. By balancing skills, clients learn to improve leadership effectiveness and build better relationships.



Eqi-2.0 Model of Emotional Intelligence Competencies



Low Self-Esteem

This first-time manager doubted himself and had a hard time trusting others. A high achiever himself, he was micro-managing, doing others' work for them, and suffering from imposter syndrome. He was beginning to feel burned out.

CASE STUDY 3

EI assessment showed:

1.

This client's very low self-regard undermined his excellent abilities to build relationships, make decisions, and cope with stress.

In every other scale, he demonstrated average or leadership quality abilities. Emotional intelligence scales build on each other, so all his problems stemmed from his fundamental lack of self-confidence and self-acceptance.

Ironically, his recent promotion to manager made him question himself even more. When others recognized his excellent abilities, he felt the praise was undeserved.



1 year later, he was more self-confident and rising into upper ranks.

After two promotions, this client continues working to believe in himself. His humility and dedication to others make him one of the most trusted leaders in the organization.

CASE STUDY 3

EI assessment now showed:

1.

After six months of coaching, his **self-regard** rose 20 points, two full standard deviations, which still put him in the low average range. He began to believe in his own abilities and accept praise from others.

After another six months, he was promoted again and commended specifically for his empathetic approach and ability to resolve conflicts.

As he moved forward, he continued with coaching to improve self-esteem even more.

Low self-esteem can be a result of patterns that date back to early childhood. Progress in this foundational scale pays off in improved happiness, self-compassion, and self-acceptance. The result is a more confident leadership style and better well being throughout life.

Learn More about Emotional Intelligence Coaching

BOOK A FREE CONSULTATION NOW

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