Emotional Intelligence And Test To Find Out Its Level

Emotional Intelligence is a person's ability to understand and recognize their emotions and the emotions of others. There are five concepts that attribute to a person's intelligence. These concepts are self-awareness, self-regulation, motivation, empathy, and social skills. The concepts determine a person level of emotional intelligence. With this, there was a twenty-question test was given to determine what each individual emotional intelligence is and given a rating.

My husband and I both took the assessment. I completed the assessment and received a score of 90/100. When my husband finished the assessment, he received a score of 78/100. My score showed that I had a pretty high IQ and my husbands showed that his was about average. Even though the scores are only a 12-point difference there were some difference in the moods. Regardless of the moods we are in we both could try harder to get ourselves out of those moods. My self-awareness score is a 18/20 and his was 13/20. When it comes to the empathy category, we scored high; I scored a 19/20 and he scored a 20/20. Social skills and Empathy are the only two concepts in which we scored similar in. My husbands' self-management score was lower than mine. He received a 11/20 whereas I received an 18/20. These assessments proved that both my husband and I had some areas of growth and at the same time it told us quite a bit about ourselves.

When one has a low emotional intelligence, it proves that there is work that needs to be done with self-reflection. This will allow us to be able to understand our emotions better. Once we improve our emotional intelligence, there will positive things that come after. When we reflect on our emotions and the awareness of them, it will help us to be able to recognize the emotions as they come and when they are rising. At the same time, it will allow us to be able to make decisions that will benefit ourselves and others around us.

Another way that we both can improve our emotional intelligence would be to look at stress coping strategies. Implementing these into our routine will give us the chance to improve our self-regulation. For example, when I am coaching, if I would take the time out of the day or even in between clients to evaluate my current emotions and then mentally prepare myself for my next session. By taking periodic assessments of myself will ensure that I am keeping my emotions in tack. Self-Reflection questions are also a great resource to determine where motivation lies and if it needs to be enhanced (Dadiz & Baldwin, 2016). This strategy can also focus on tendencies; for example, if one has the tendency to be more pessimistic as opposed to optimistic. Optimism keeps coaches and clients, typically, in a happier mood, leading to more motivation (Menendez & Williams, 2015). IF a coach is not staying in check with their emotions and become pessimistic, their emotional intelligence will drop. When it drops, this will reflect onto their clients and may even interfere with their emotions. If this happens, this will prevent the coaching process from being successful. Coaches with a low emotional intelligence rating run a high risk of missing emotional cues from their clients, lack empathy, and may become overwhelmed (Stillman, Freedman & Stillman, 2017).

There are a few things that I will have to put into place for my coaching program to be successful. For instance, my emotional state must be appropriate when I am interacting with

clients. This will make sure that they are receiving the best care and service as possible. Also, being present and not having any distractions when I am with a client would be needed. If my emotions are not in its proper state, then I would reschedule my client's session. If not, this can cause serious backlash to me and from the client. Not only that, but it will ruin my reputation and ruin the coaching experience for the client. The best way to speak to a client would be to have an optimistic look on things and a clear mind to have a conversation. Someone with a high level of emotional intelligence is someone with a strong character, uncompromising integrity, a sound and moral conscience, and optimism (Beckham, 2017). Aiming to have the highest levels of emotional intelligence will ensure that I am in an appropriate emotional space for my clients.

References

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