

ACTIVITY 4: Examining Emotional Intelligence Skills

Complete the *Emotional Intelligence Skills Inventory* and follow the scoring instructions to achieve a score for each of the EI competency areas.



Once you have scored your results, consider the following questions and points for reflection:

- What specific EI competencies are the highest? How do you currently use these competencies in your workplace?
- What EI scores are lower? How might you further develop these competencies?
- On the Emotional Skills Inventory there are specific strategies for developing each of the EI competences. Consider applying some of these strategies as you continue to develop your EI capacity.

