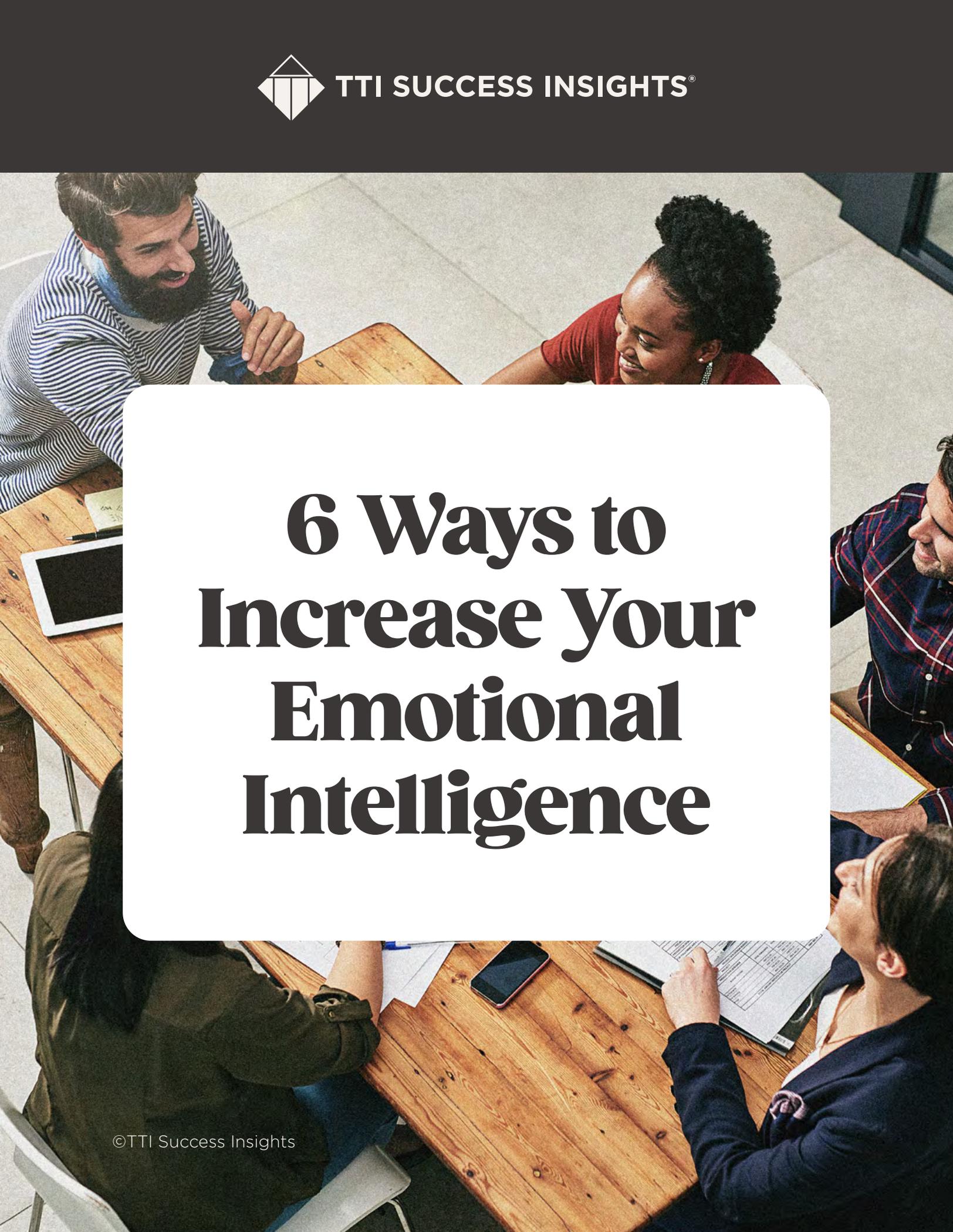


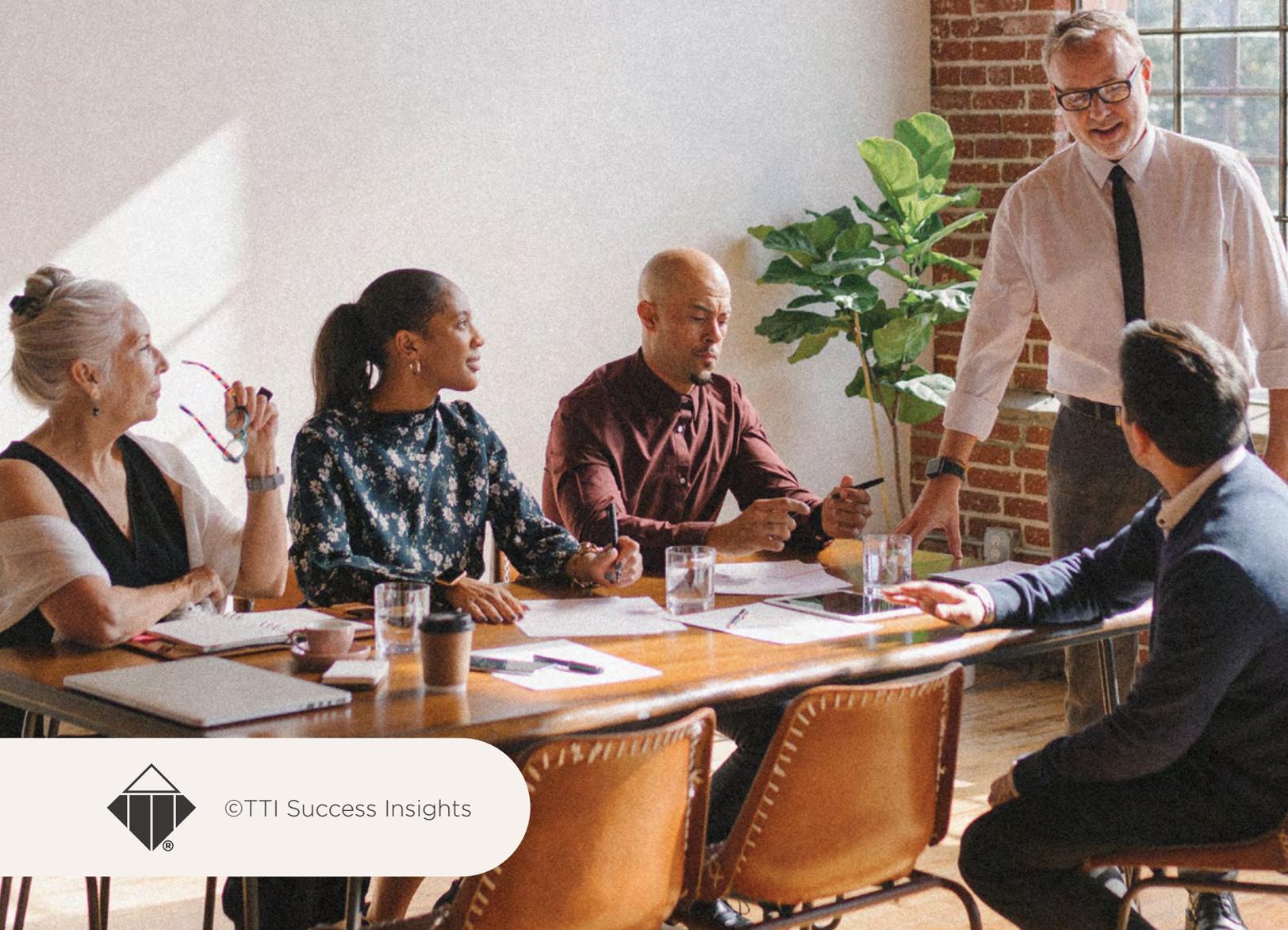


TTI SUCCESS INSIGHTS®



6 Ways to Increase Your Emotional Intelligence

What is Emotional Intelligence?



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Emotional intelligence (EQ) is the ability to sense, understand, and effectively apply emotions to social and work situations



Superior performers typically have highly developed emotional intelligence skills. This leads them to be more collaborative, influential, and productive. The most encouraging aspect of EQ is that it is not set in stone. With practice, emotional intelligence can be enhanced over time.

The Basics

Emotional Intelligence is composed of five distinct factors:



Self-Awareness

The ability to recognize and understand your moods, emotions and drivers, as well as their effect on others.



Self-Regulation

The ability to control or redirect disruptive impulses and the propensity to think before acting.



Motivation

A passion for work that transcends money or status. Motivation reflects the amount of energy and persistence you apply to an activity.



Social Awareness

The ability to understand the emotional makeup of others.



Social Regulation

The ability to proficiently manage relationships and build networks.



#1 Define the Starting Point



Measure your aptitude for emotional intelligence using a trusted assessment such as TTI's EQ Assessment. Your results will reveal a picture of your personal EQ, including the five factors: self-awareness, self-regulation, motivation, social awareness, and social regulation. This knowledge will give you a starting point as you work on specific goals related to growing your emotional intelligence.

Book a conversation with us to learn more or take an assessment.

#2 Take Note

Each day, set aside time to reflect and make notes about how your emotions impact your goals, motivations, strengths, and key aspirations.

Ask Yourself

- *When did I feel good today?*
- *When did I not feel good today?*
- *How do I act when I feel good vs. when I don't feel good?*





#3 Identify Triggers

Reflect on the connection between your emotions and your behavior. Identify the behaviors that trigger a negative reaction.

Ask Yourself

- *When I am set off, how do I respond?*
- *What would be a better response?*
- *How can I change those responses?*

#4 Set Goals

Once you identify the EQ goals you want to improve, revisit them regularly to ensure you are on track to achieve them. Write them somewhere visible and create a ritual to review them daily. Celebrate your small victories!

Ask Yourself

- *What do I want to accomplish with regard to my emotions and feelings?*
- *When do I want to achieve these goals?*
- *Which rituals and/or habits do I need to practice to help these goals?*





#5 Be Observant

According to a study by Albert Mehrabian, a 1950s body language researcher, over 55% of communication is sent through non-verbals. Some people believe this number is even higher. These can include facial expressions, hand gestures, nervous ticks, and body posture. Paying attention to these cues can create insight into the emotions of the person with whom you are communicating. Being aware of your own non-verbals will help you avoid sending the wrong message.

Ask Yourself

- ***What is my own body language currently saying?***
- ***What is the other person's body language telling me about them right now?***
- ***If they felt better, how would their body language change?***

#6 Anticipate Responses

Being socially aware will help you be more successful in communicating with others as you achieve your goals. This will help you create win-win situations.

Ask Yourself

- *How does this person feel right now?*
- *How do I know how this person feels?*
- *How might I make this person feel (even) better?*



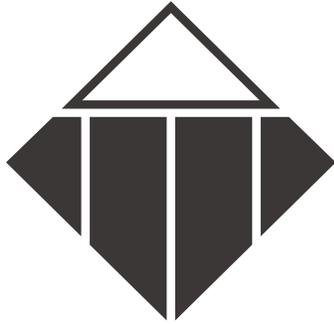
Time to Increase Your Emotional Intelligence

Just as a home is constructed brick by brick, emotional intelligence is built over time. With just a little effort and attention each day, you will be amazed at the impact you can have as you improve your EQ.

If you want to learn more about taking an assessment or bringing EQ tools into your organization, contact us at support@ttiltd.com.



Who are we?



**TTI
SUCCESS
INSIGHTS®**

TTI Success Insights is an industry-leading assessment provider based in Scottsdale, AZ, that is dedicated to revealing human potential through assessment solutions and research.



TTI has administered over 30 million assessments worldwide and holds a direct presence in 58 countries around the world.

TTI has been selected as a Training Industry Top 20 Assessment & Evaluation Company annually since 2018, and has been awarded a Top Company to work for in Arizona for the past four years.



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