

**Worksheet Week 8 [1/2]**

**Module II: Collaborative Communication Skills Development**

**Topic: Emotional Intelligence**





**Section A: Get to know more about yourself**

**Table A. 1**

Confidence	Thorough	Considerate	Enthusiastic
Decisive	Factual	Cooperative	Optimistic
Urgent	Prudent	Modest	Tactful
Purposeful	Steadfast	Responsive	Adaptable
Competitive	Persistent	Trusting	Flexible

So, you are \_\_\_\_\_.

**Table A. 2**

<input type="checkbox"/> Aggressive <input type="checkbox"/> Demanding <input type="checkbox"/> Egotistical <input type="checkbox"/> Bossy <input type="checkbox"/> Confrontational		<input type="checkbox"/> Assertive <input type="checkbox"/> Ambitious <input type="checkbox"/> Driving <input type="checkbox"/> Strong-Willed <input type="checkbox"/> Decisive
<input type="checkbox"/> Easily Distracted <input type="checkbox"/> Glib <input type="checkbox"/> Selfish <input type="checkbox"/> Poor Listener <input type="checkbox"/> Impulsive		<input type="checkbox"/> Warm <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Sociable <input type="checkbox"/> Charming <input type="checkbox"/> Persuasive
<input type="checkbox"/> Resistant to Change <input type="checkbox"/> Passive <input type="checkbox"/> Un-Responsive <input type="checkbox"/> Slow <input type="checkbox"/> Stubborn		<input type="checkbox"/> Patient <input type="checkbox"/> Stable <input type="checkbox"/> Predictable <input type="checkbox"/> Consistent <input type="checkbox"/> Good Listener
<input type="checkbox"/> Critical <input type="checkbox"/> Picky <input type="checkbox"/> Fussy <input type="checkbox"/> Hard to Please <input type="checkbox"/> Perfectionistic		<input type="checkbox"/> Detailed <input type="checkbox"/> Careful <input type="checkbox"/> Meticulous <input type="checkbox"/> Systematic <input type="checkbox"/> Neat

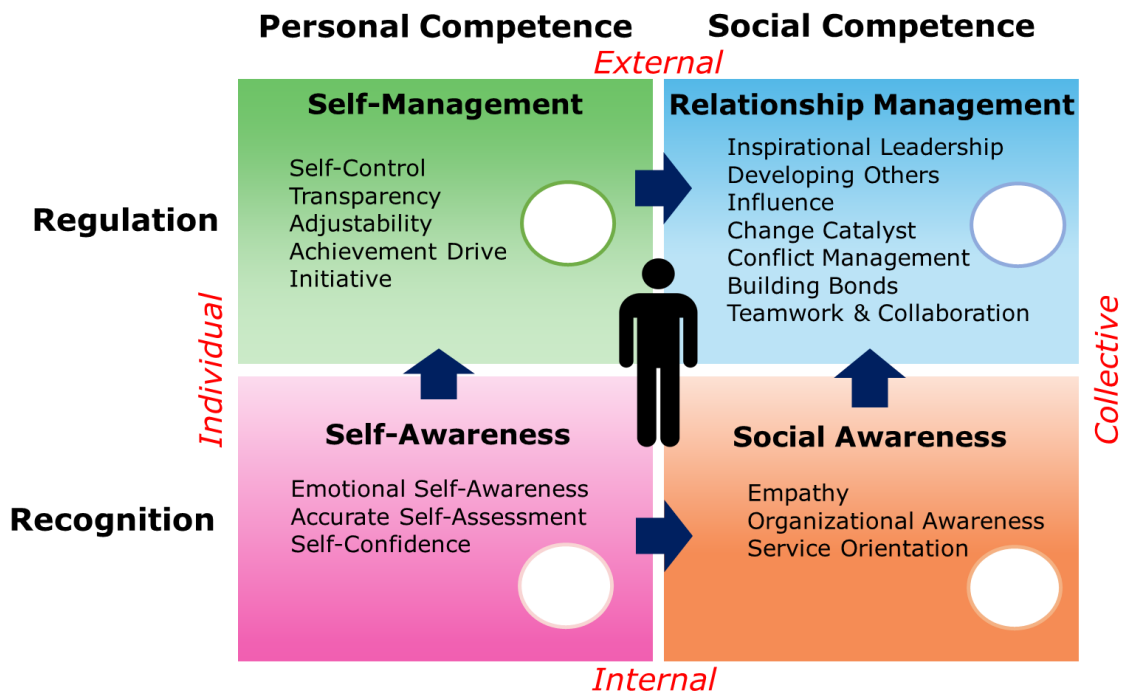
## Section B: Emotional Intelligence Test



Get access to an online test to assess your emotional intelligence. Then, record the result for each quadrant on the 'Goleman Emotional Intelligence Model'.

(<https://globalleadershipfoundation.com/geit/eitest.html>)

### Goleman Emotional Intelligence Model



Reference: Goleman, D., Boyatzis, R. E., & McKee, A. (2013). *Primal leadership: Unleashing the power of emotional intelligence*. Harvard Business Press.