



### Emotional Intelligence: Self-Reflection Task

	Rate yourself on a scale from 1 to 5 1 - "I need to develop in this area" 5 - "I'm strong in this area"
I'm usually aware of how people around me are feeling	
I can usually tell if someone is frustrated by me	
I often have negative feelings about myself and others	
I often clam up under pressure	
I manage my stress levels effectively	
I can pick up on others' body language	
I usually handle conflict well	
I would describe myself as resilient	
I adapt my style to communicate with different people	
I build rapport easily with a wide range of people	
I can "put myself in others' shoes" and feel empathy	
I remain calm even in the face of difficult situations	
I am comfortable in a wide range of social situations	



Think about your responses to the questions overleaf. Identify your strengths/development areas.

<b>My strengths</b>	<b>Would like to develop</b>
1.	1.
2.	2.
3.	3.

Create 1 or 2 Development Objectives and a plan to work towards these

<b>Objective</b>	<b>Plan</b>