

HELEN MG CONSULTING

Emotional Intelligence for Learning Questionnaire



Helen Woodward | www.helenmgconsulting.com

Emotional Intelligence

This self-reflection questionnaire is designed to help you to think about emotional intelligence and your emotional learning.

Daniel Goleman found that while the qualities traditionally associated with leadership such as intelligence, toughness, determination & vision are required for success, they are insufficient.

Truly effective leaders often have a high level of emotional intelligence.



THIS INCLUDES



1 | SELF AWARENESS

The ability to recognise what you're feeling, understand your emotional responses and how they impact on you.



2 | MANAGING EMOTIONS

The ability to stay focussed and think clearly even when experiencing powerful emotions.



3 | MOTIVATION

The ability to use your deepest emotions to move and guide you towards your goals.



4 | EMPATHY

The ability to sense, understand and respond to what other people are feeling.



5 | SOCIAL SKILLS

The ability to manage, influence and inspire emotions in others.

How much does each statement apply to you?

Read each statement and decide how strongly it applies to you.
Score yourself 1 - 5 based on the following guide:

1 - Does not apply ~ 3 = Applies half the time ~ 5 = Always applies

- ☐ 1. I realise immediately when I lose my temper
- ☐ 2. I can 'reframe' bad situations quickly
- ☐ 3. I am always able to motivate myself to do difficult tasks
- ☐ 4. I am always able to see things from the other person's viewpoint
- ☐ 5. I am an excellent listener
- ☐ 6. I know when I am happy
- ☐ 7. I don't wear my heart on my sleeve
- ☐ 8. I am usually able to prioritise activities at work and get on with them
- ☐ 9. I am excellent at empathising with someone else
- ☐ 10. I never interrupt people's conversations
- ☐ 11. I usually recognise when I am stressed
- ☐ 12. Others can rarely tell what kind of mood I'm in
- ☐ 13. I always meet deadlines
- ☐ 14. I can tell if someone is not happy with me
- ☐ 15. I am good at adapting and mixing with a variety of people
- ☐ 16. When I am being 'emotional' I am aware of this
- ☐ 17. I rarely 'fly off the handle' at other people
- ☐ 18. I never waste time
- ☐ 19. I can tell if a team of people are not getting along with each other
- ☐ 20. People are the most interesting thing in life for me

How much does each statement apply to you?

Read each statement and decide how strongly it applies to you.
Score yourself 1 - 5 based on the following guide:

1 - Does not apply ~ 3 = Applies half the time ~ 5 = Always applies

- ☐ 21. When I feel anxious, I can usually tell why
- ☐ 22. Challenging people do not annoy me
- ☐ 23. I don't prevaricate
- ☐ 24. I can usually understand why people are being difficult towards me
- ☐ 25. I love to meet new people and get to understand them
- ☐ 26. I always know when I'm being unreasonable
- ☐ 27. I can consciously alter my frame of mind or my mood
- ☐ 28. I believe it's good to do the difficult things first
- ☐ 29. Other individuals are not 'difficult', just 'different'
- ☐ 30. I need a variety of work colleagues to make my job interesting
- ☐ 31. Awareness of my own emotions is very important to me at all times
- ☐ 32. I don't let stressful situations/people affect me once I've left work
- ☐ 33. Delayed gratification is a virtue I hold to
- ☐ 34. I can understand if I'm being unreasonable
- ☐ 35. I like to ask questions and find out what's important to people
- ☐ 36. I can tell if someone has upset or annoyed me
- ☐ 37. I rarely worry about work or life in general
- ☐ 38. I believe in 'Action this Day'
- ☐ 39. I can understand why my actions sometimes offend others
- ☐ 40. I see working with challenging people as an opportunity to win them over

How much does each statement apply to you?

Read each statement and decide how strongly it applies to you.
Score yourself 1 - 5 based on the following guide:

1 - Does not apply ~ 3 = Applies half the time ~ 5 = Always applies

- ☐ 41. I can let anger go quickly so it no longer affects me
- ☐ 42. I can manage my emotions when I need to, taking resourceful actions
- ☐ 43. I can always motivate myself, even when I feel low
- ☐ 44. I can sometimes see things from others' point of view
- ☐ 45. I am good at reconciling differences with other people
- ☐ 46. I know what makes me happy
- ☐ 47. Others often don't know how I'm feeling about things
- ☐ 48. Motivations has been the key to my success
- ☐ 49. Reasons for disagreements are always clear to me
- ☐ 50. I generally build solid relationships with those that I work with



Total and interpret your results

Record your 1, 2, 3, 4, 5 scores for the questionnaire statements in the grid below. The grid organises the statements into emotional competency lists.

Self-awareness		Managing emotions		Motivation		Empathy		Social skills	
1		2		3		4		5	
6		7		8		9		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
26		27		28		29		30	
31		32		33		34		35	
36		37		38		39		40	
41		42		43		44		45	
46		47		48		49		50	

Calculate a score for each area of emotional competency using the grid below.

Total (SA)		Total (ME)		Total (M)		Total (E)		Total (SS)	
-------------------	--	-------------------	--	------------------	--	------------------	--	-------------------	--

Total and interpret your results

Interpret your totals for each area of competency using the following guide:

35-50	This is an area of strength for you
18-34	Giving attention here will help you to grow as a leader and a learner
10-17	These are important areas for you to prioritise

Record your results for each of the emotional competencies:

	Strength	Needs Attention	Prioritise
Self Awareness			
Managing emotions			
Motivation			
Empathy			
Social Skills			

What Next?



1 | CONSIDER

Consider your results and identify one or two where you can take action to strengthen your emotional intelligence

What could be an immediate action point?



2 | ASK

Think about a work colleague who could support you and let you know the progress they observe?

Choose someone whom you trust to give open, honest feedback.



3 | DEVELOP

Talk to your department lead or mentor about CPD to help you to develop as a leader. What learning do you need in order to reach the next level?

Helen MG Consulting offers online and in-person leadership development opportunities for educators of all levels.

Further Reading



EMOTIONAL INTELLIGENCE

Written by Daniel Goleman in 1995, will help you to further understand the role of emotions for success, both in personal and work relationships.



DARE TO LEAD

by Brene Brown

This book is a masterclass in using vulnerability and EQ as leadership tools.



START WITH WHY

by Simon Sinek

A fascinating book on using your own mission as a leadership tool which inspires and motivates others.

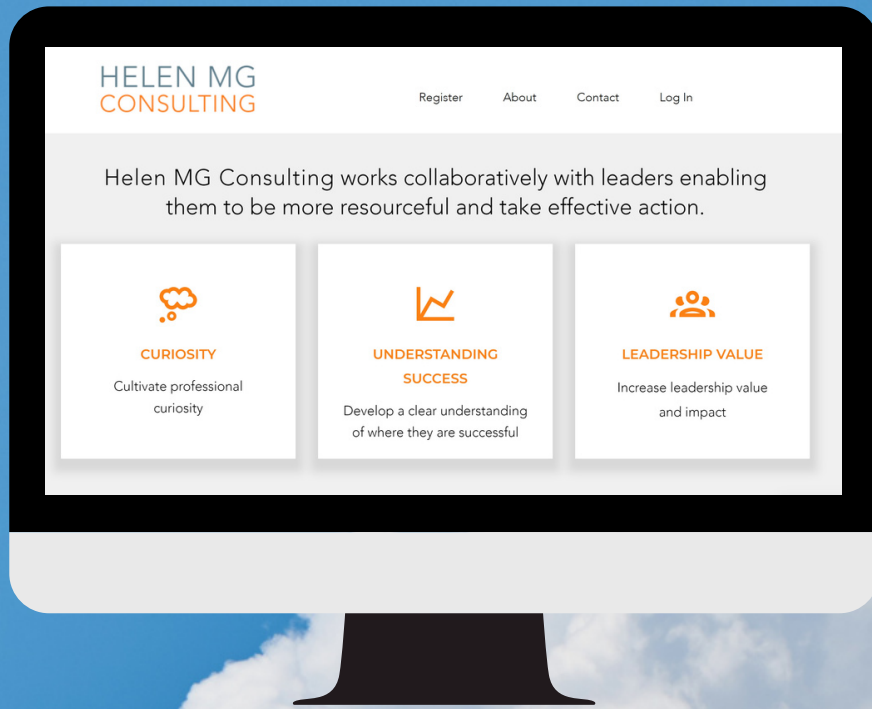


RADICAL CANDOR

by Kim Scott

Scott has identified three simple principles for building better relationships with your employees: make it personal, get stuff done, and understand why it matters.

Unlock your potential



Whether you are looking to advance your career, become a better leader in your personal life, or make a positive difference in your community, we are confident that "Essential Skills for Leadership Impact" will help you achieve your goals.

Click here for more information

We can arrange for group bookings - [simply contact us](#) to get the ball rolling.

About Helen MG Consulting

Helen Woodward is a leadership coach, consultant and programme designer.

Her clients include Universities, Startup leaders and International School teams. She currently advises Zen Educate on education technical issues, leadership development, local market comms and relationships.



She's held lead roles in national, regional, and local government in the UK.

In her voluntary work she served as a Magistrate and is the Co-founder of Rebuilding Schools Nepal.



Connect with Helen on LinkedIn (@helenmg)

I have known Helen for many years, having worked together previously. She is a talented coach, full of empathy, integrity and a desire to support other colleagues. I would fully recommend all the programmes that she is involved in.

JAN LINSLEY

Helen's programmes are always of a high standard - engaging, up to date, active and thought provoking and always delivered with a smile.

STEPHEN PRIEST

Real learning means getting to the heart of what it is to be human. Through real learning we continually re-create ourselves.

Peter Senge

