Psychologists define Emotional Intelligence as...
"the ability to perceive emotions, use emotions to facilitate thought, understand emotions, and manage emotions, to promote emotional and intellectual growth" (Mayer et al., 2004)

"EQ" is a very common reoccurring theme tied to the concept of an “it” factor.
- Emotional intelligence is an individual’s ability to recognize, understand, and manage his or her emotions and those of others. The emotional Intelligence Quotient (EQ) is the measure of that ability.

Self Assessment
Want to know how emotionally intelligent you are and how to strengthen your EQ? Take this self assessment to see where you fall and how to develop your skills further. 
Click here for the self-assessment.

PERCIPIO RESOURCES

Virtual Course: Developing Emotional Intelligence:
This course provides an understanding of why emotionally intelligent leadership is important. It also provides practical, positive techniques for promoting and improving emotional intelligence as a leader within your business environment.
Click here to take the course

Audiobook: Emotional Intelligence Pocketbook-
In the Emotional Intelligence Pocketbook, Gill Hasson discusses how to think about, categorize, and harness emotions. In this audiobook we will discuss and summarize the salient points of the book.
Click here to listen

5 COMPETENCIES OF EMOTIONAL INTELLIGENCE

Psychologist Daniel Goleman conceives of emotional intelligence as being made up of five key competencies. Learn more about what each competency entails and how you can improve on them here.