## **EQ** Components for Development

My focus goal for evaluating my EQ development needs:

Emotional Self-Awareness	Social Awareness of Emotions
Recognizing your own emotional state  • Using this EQ component effectively is important to this goal because	Being aware of others' emotions  • Using this EQ component effectively is important to this goal because
I will know that I have become more effective if I see	I will know that I have become more effective if I see
Experiencing self-fulfillment	Demonstrating empathy
Using this EQ component effectively is important to this goal because	Using this EQ component effectively is important to this goal because
I will know that I have become more effective if I see	I will know that I have become more effective if I see

## REPRODUCIBLE

Self-Management of Emotions	Relationship Management
Managing and expressing emotions  • Using this EQ component effectively is important to this goal because	Building an atmosphere of emotional safety  Using this EQ component effectively is important to this goal because
I will know that I have become more effective if I see	I will know that I have become more effective if I see
Acting independently  • Using this EQ component effectively is important to this goal because	Employing interpersonal skills (listening, collaborating, coaching, and giving feedback)  • Using this EQ component effectively is important to this goal because
I will know that I have become more effective if I see	I will know that I have become more effective if I see