



# Emotional intelligence Quotient

Thursday, April 29, 2021

# Today's Topics

- IQ and EQ
- EQ at Work
- Strengthening Your EQ

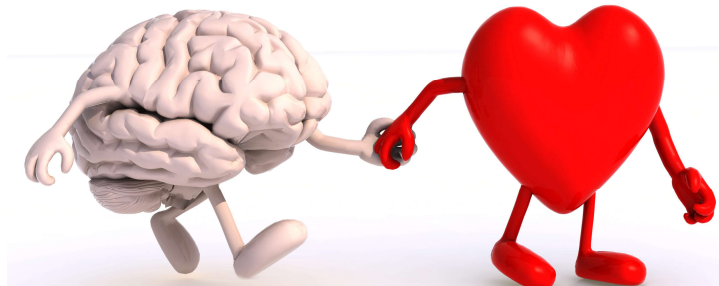
IQ v. EQ

# IQ v EQ

- 1912
- Fixed early in life
- Measurement Tools
- 1990
- Grows throughout life
- Measurement Tools

IQ

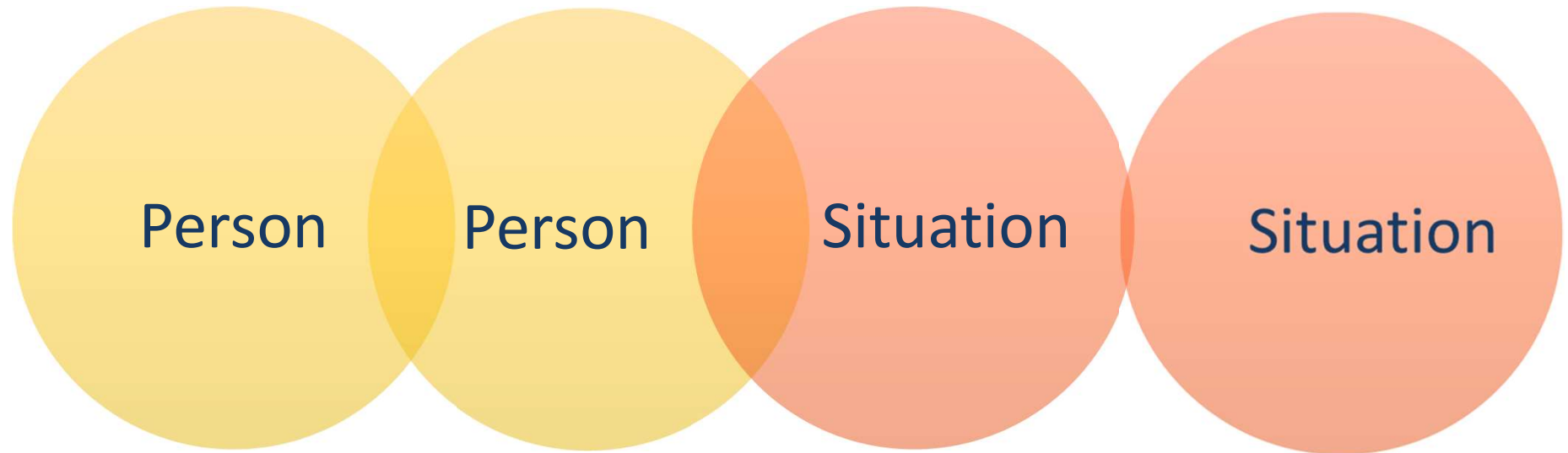
EQ



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# EQ at Work

# EQ at Work



- Role
- Technology
- Legacy

“

It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of heart over head – it is the unique intersection of both.

- David Caruso, Retired Actor



“

*IQ sets the floor for your career. EQ sets the ceiling.*

- Jeffrey Carson, Enterprise Bank

# Strengthening Your EQ

# EQ in 4 Quadrants

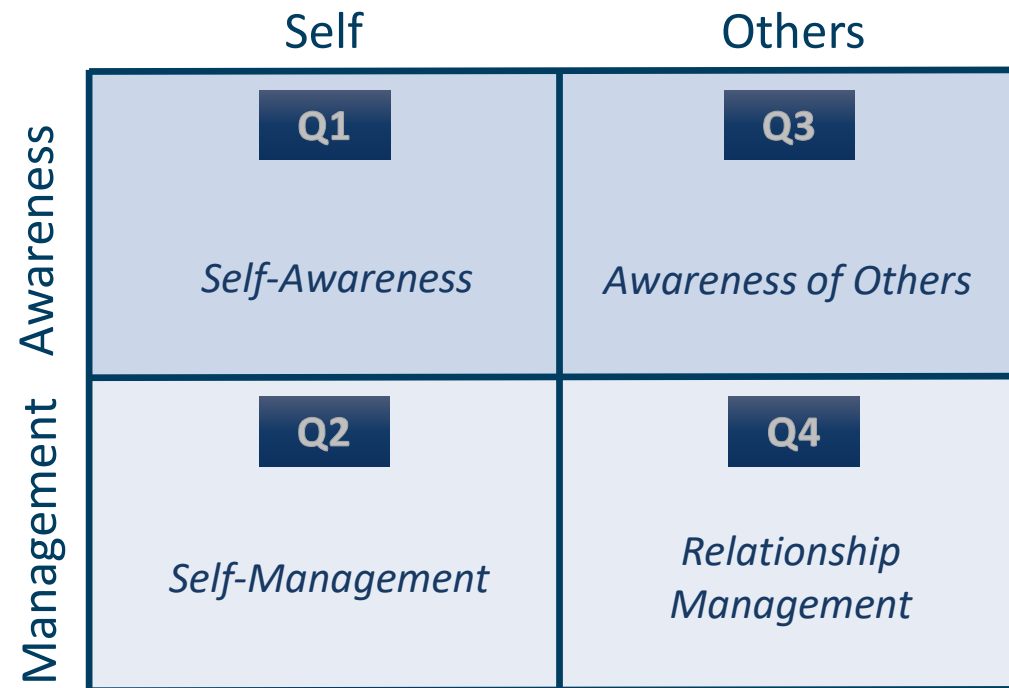


## EQ Exercise

# Oops!

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# Where can you strengthen your EQ?



# Strengthening Your EQ: Rate and Write



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# EQ in Review

- IQ and EQ
- EQ at Work
- Strengthening Your EQ

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