Communication & *Emotional Intelligence*

Personal Reflection Quiz

KATHLEEN BROWN COACHING

The quality and effectiveness of your communication can make or break your success as a leader or entrepreneur. Given that, skills and knowledge that are critical to have are effective communication and emotional intelligence.

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Effective communication is made of these five parts:

1. Self-awareness
2. Emotional awareness
3. Willingness to give and receive feedback
4. Willingness to self-reflect and to share resulting insights with others
5. Awareness of others, i.e. willingness to examine ones interpersonal behaviors and self-correct as appropriate

These five parts in action deliver emotional intelligence, the ability to perceive emotions.

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

On a scale of 1 – 5 with 1 being "never" and 5 being "all the time", take the following quiz to rate yourself in the following areas **(loosely sourced from Goleman's Five Competencies of Emotional Intelligence)**

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Self-Awareness

1	I recognize how my behavior impacts others	
2	My decisions are congruent with my values	
3	I have a strong belief in my own abilities	
4	I am willing to stand up for an idea or issue	

0

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Emotional Awareness

1	I am able to recognize my emotions as they occur	☐
2	I am able to name or describe my emotions as they occur	☐
3	I express my feelings in an appropriate manner	☐
4	I can set my emotions aside to achieve a goal	☐

0

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Willingness to Give and Receive Feedback

1	I am open to receiving feedback	☐
2	I am open to giving feedback	☐
3	I am open and honest in my dealings with others	☐
4	I like to be "stretched"	☐

0

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Willingness to Self-Reflect

1 I effectively deal with setbacks ☐

2 I seek out the learning in trying situations ☐

3 I learn from my experiences and then apply that learning ☐

4 I build trust through my actions ☐

0

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Awareness of Others

1 I am a good listener ☐

2 I can see the other's point of view ☐

3 I pay attention to the moods of others ☐

4 I look for the "common ground" ☐

0

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Total

0 / 100

Reflection

What did you learn from this exercise? Were there any surprises in your ratings, any areas in which you rated yourself higher than expected and any areas in which you rated yourself lower than expected? What do you think would be the results if you had others rate you as well?

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Notes:

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

Notes:

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

T-Group

If you want to experience these competencies in a structured learning environment, apply to participate in a T-Group, in which you will acquire skills for giving and receiving authentic feedback, skills in recognizing and naming your emotions in the moment, and skills to increase your communication effectiveness, personally and professionally.

An application and more information about T-Groups can be found at https://kathleen-browncoaching.com/programs/, or send an email to schedule a clarity session.

© 2017 Kathleen Brown Coaching (dba Fully You)
http://www.KathleenBrownCoaching.com

© 2017 Kathleen Brown Coaching (dba Fully You)
195 41st St., #11077 Oakland CA 94611, UnitedStates

http://www.KathleenBrownCoaching.com