

The following numerical scores are calculated from your answers to the EI test. If you have answered honestly and accurately, your scores, out of 10 for each quadrant, will reflect your capability level within each of the EI quadrants. (You might want to print out this result; if you do not, you will have to retake the test if you want these scores later since they are not saved anywhere.) To gain a picture of what each of the EI quadrants covers, read the short descriptions below.

You have answered all the questions -- terrific!

Self-Awareness	Self-Management	Social-Awareness	Relationship Management
5	9	10	8

For more information about **interpreting your scores**, click [here](#).
For more information about Emotional Intelligence and how to use it for your personal growth, please contact, [Malcolm Lazenby](#)

Our app [Mastering Emotional Health – 21 ways to enhance your wellbeing](#), takes you on a journey consisting of 21 ways to Master Emotional Health and enhance your wellbeing. Each of the 21 sessions includes an introduction and illustration, plus a meditation and recreation that, if you practise what you learn, will enhance your progress towards Mastering Emotional Health.

Please remember that this Sampler is NOT scientifically validated. We cannot guarantee the accuracy of the results of this EI analysis.

EI Quadrant Descriptors

Self-Awareness.

Description. The core of Emotional Intelligence is self-awareness.

Self-awareness is comprised of three competencies; emotional self-awareness, where you are able to read and understand your emotions as well as recognise their impact on work performance and relationships; accurate self-assessment, where you are able to give a realistic evaluation of your strengths and limitations; and self-confidence, where you have a positive and strong sense of one's self-worth. The starting point and key in these areas is the ability to be critically self-reflective.

Self-Management

Description.

Self-management is comprised of five competencies; Self-control, which is keeping disruptive emotions and impulses under control; transparency, which is maintaining standards of

honesty and integrity, managing yourself and responsibilities; and adaptability, which is the flexibility in adapting to changing situations and overcoming obstacles; achievement orientation, which is the guiding drive to meet an internal standard of excellence; and initiative, which is the readiness to seize opportunities and act.

Social Awareness

Description. Social Awareness is comprised of three competencies; empathy, which is understanding others and taking an active interest in their concerns; organisational awareness, which is the ability to read the currents of organisational life, build decision networks and navigate politics; and service orientation, which is recognising and meeting customers needs. The adaptable, success-oriented type.

Relationship Management

Description. The Social cluster of Relationship Management is comprised of seven competencies; visionary leadership, which is inspiring and guiding groups and individuals; developing others, which is the

propensity to strengthen and support the abilities of others through feedback and guidance; influence, which is the ability to exercise a wide range of persuasive strategies with integrity, and also includes listening and sending clear, convincing and well-tuned messages; change catalyst, which is the proficiency in initiating new ideas and leading people in a new direction; conflict management, which is resolving disagreements and collaboratively developing resolutions; building bonds, which is building and maintaining relationships with others; and teamwork and collaboration, which is the promotion of cooperation and building of teams.
