

EI Competency Questionnaire: Participant

To build your resilience it is encouraged to continually review and evaluate your abilities to identify their strengths and seek opportunities for development and progress.

To gain specific and valuable information this questionnaire is extensive and will provide you with great insights to your own professional development. The questionnaire has 4 components:

1. Self-awareness
2. Self-management
3. Social awareness
4. Relationship Management

To assist you in being successful and developing your abilities complete the following questionnaire:

Provide yourself a rating out of 5 for each competency.

Rating

5 = Highly proficient; demonstrates this behaviour naturally

3 = Competent: sometimes demonstrates this behaviour, requires effort.

1 = Minimal ability: rarely if at all uses this behaviour.

A. Self-Awareness:

	Rating
Attuned to inner signals, recognising how your feelings affect you and your performance	
See the big picture.	
Able to speak about your emotions	
Know your limitations and strengths.	
Display a sense of humour about yourself	
Welcome feedback	
Know when to ask for help	
Play to your strengths	
Welcome difficult and challenging assignments.	

B. Self Management

	Rating
Manage and channel negative emotions and impulses	
Stay calm and clear headed under stress	
Authentically communicate to others about your feelings, beliefs and actions.	
Admit mistakes or faults	
Confront unethical behaviour	
Flexible in adapting to new challenges	

Open in thinking when presented with new data and information	
High personal standards that drive you to seek performance improvement	
Set SMARTIES goals	
Sees and seizes opportunities	
Views others positively	

C. Social Awareness

	Rating
Attuned to emotional signals of others	
Listen attentively	
Grasp other person's perspective	
Understands and sensitive to diverse culture difference	
Detect crucial social networks	
Focus on the importance of client relationship	
Monitor client/customer satisfaction	

D. Relationship Management

	Rating
Articulate a shared vision that inspires others to follow	

Know how to gain buy-in from key people	
Network of support	
Persuasive and engaging	
Cultivate others' abilities	
Genuinely interested in helping others understand their weakness and strengths	
Give timely and constructive feedback	
Recognise the need for change	
Advocate for change in the face of adversity	
Find practical ways to overcome barriers to change	
See all points of view	
Models of respect, helpfulness and cooperation	
Draw others into enthusiastic engagement	

Congratulations!