

EMOTIONAL INTELLIGENCE AND THE BARON EQ-I TEST

Emotional intelligence is the ability to understand how your emotions impact on the way you think, communicate and influence. Emotionally intelligent people create effective working relationships, solve problems and have an increased capacity to perform.

It has been proven that emotionally intelligent individuals are better at identifying their own emotions and those of others in. In the workplace this leads them to being able to create highly effective working relationships that increase productivity and overall work performance.

A growing body of research demonstrates that emotional intelligence is a better predictor of performance success than the more traditional measures of cognitive intelligence (IQ). Indeed, IQ can predict on average 6% of success in a given job, whereas EQ has been found to be directly responsible for between 27% and 45% of job success.

BarOn EQi is a tool used to measure Emotional Intelligence (EQ). It is the first scientifically developed and validated measure of EQ. Based on over seventeen years of research by Dr Reuven BarOn and tested on over 100,000 individuals worldwide.

This tool can be carried out on a self report or 360 degree basis.

“Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy.”
Aristotle