

5 DIMENSIONS of EQ

INTRA-Personal



SELF AWARENESS



SELF REGULATION



MOTIVATION

INTER-Personal



SOCIAL AWARENESS



SOCIAL REGULATION

1 - SELF AWARENESS

Your ability to recognize emotions -
take your temperature.

- Angry, Excited, Upset, Fear, etc
- How your DISC/Motivators show up in real time.



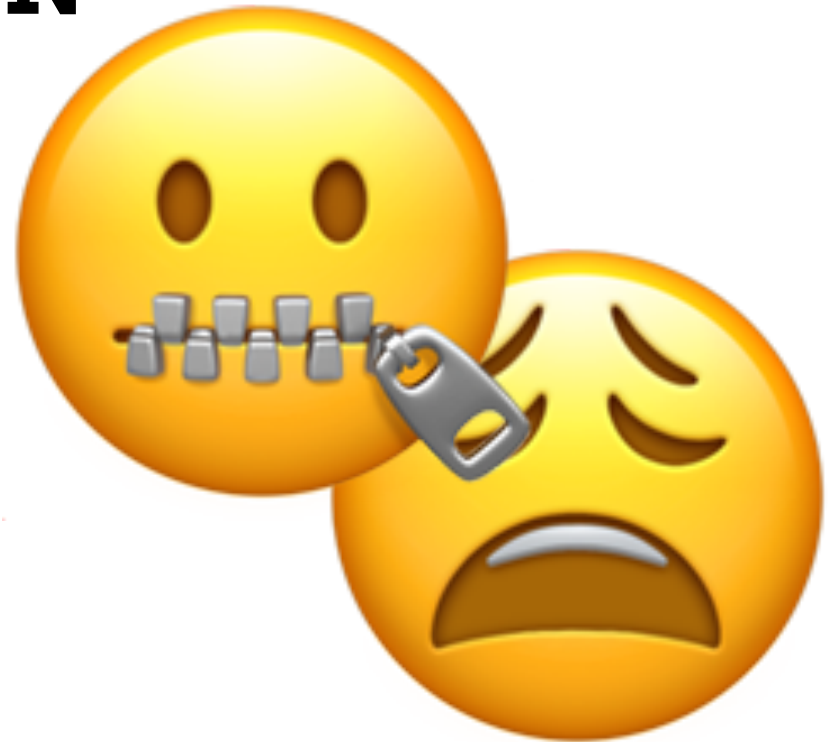
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...is the ability to recognize and understand your moods, emotions and drives, as well as their effect on others.

2 – SELF REGULATION

Your ability to influence your emotional clarity - **Adjust your temperature.**

- Walks, Venting, Exercise, etc
- Your process for managing expectations that don't always go your way.



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...is the ability to control or redirect disruptive impulses and moods and the propensity to suspend judgment and think before acting.

3 - MOTIVATION

Your internal drive or propensity to pursue goals with energy and persistence - **ALWAYS give your best.**

- Situations you may procrastinate or do less than your best.
- Staying committed to what you commit to.



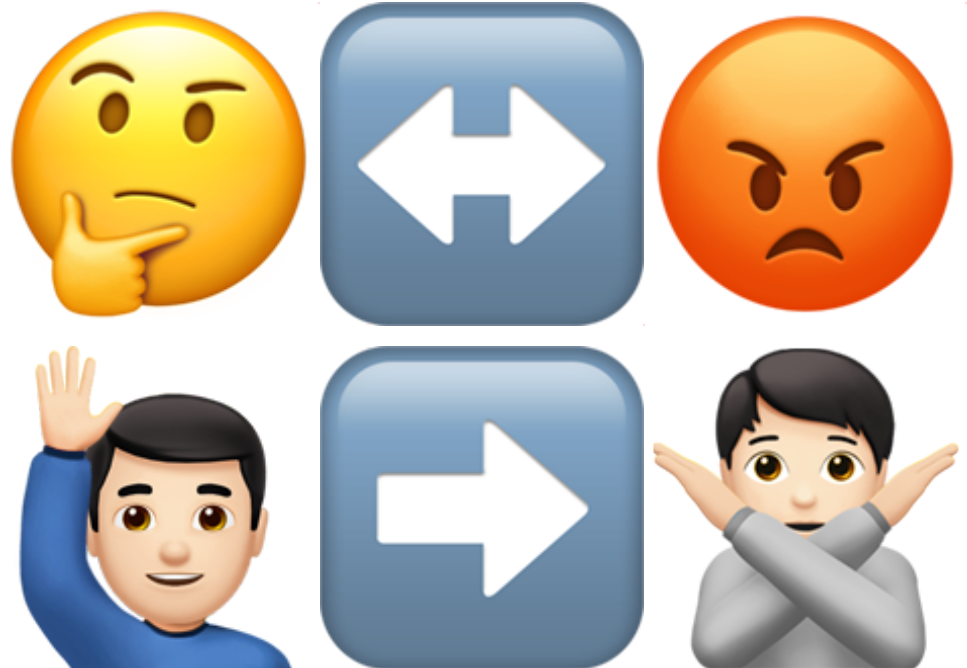
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...is a passion to work for reasons that go beyond the external motivational drive.

4 - SOCIAL AWARENESS

Your ability to recognize emotions of others - take their temperature.

- Take emotional temperature
- Mind their DISC/Motivators
- Recognize receptivity level



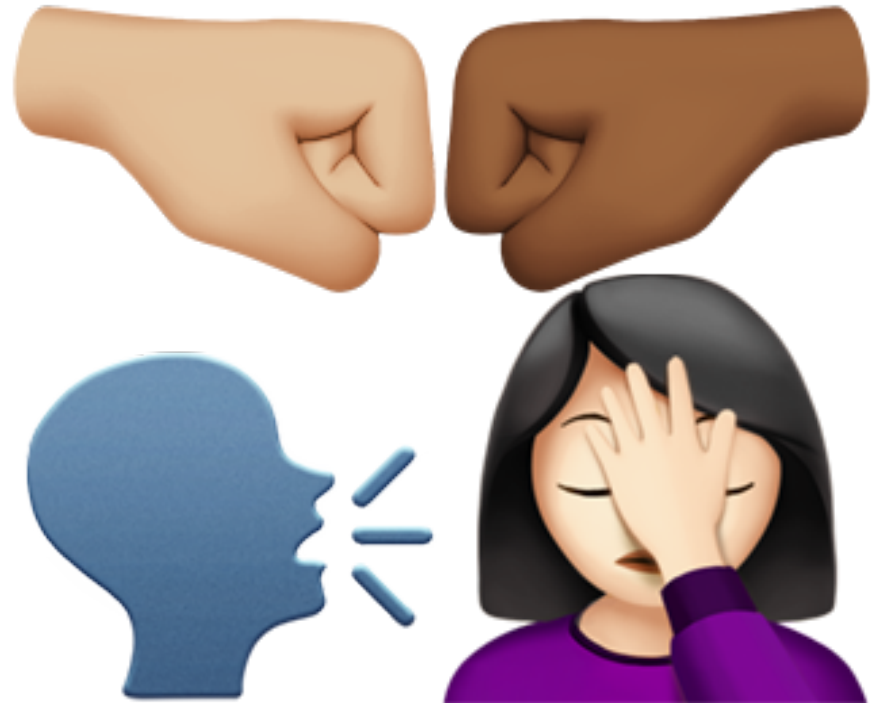
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5 - SOCIAL REGULATION

Does your communication get you what you seek?

- Are you tactful
- Do you consider timing
- Avoid info overload
- Do others change with you



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...is your ability to influence the emotional clarity of others

DISC, Motivators and EQ APPLICATION

Steps

1



“Take YOUR
Temperature”

(HOW/WHY your
DISC/Motivators are
operating)

2



“Take THEIR
Temperature.”

(Be curious about others’
DISC/Motivators)

3



“Adjust the
thermostat.”

(Adapt to their DISC/Mot to get
the best result for your
DISC/Mot.)