

rapid emotional quotient inventory

Emotional Intelligence is a set of acquired skills and competencies that predict positive outcomes at home with one's family, in school, and at work. People who possess these are healthier, less depressed, more productive at work, and have better relationships.

The Rapid Emotional Quotient inventory measures seven broad dimensions of emotional intelligence that are closely linked to Working with Emotional Intelligence by Daniel Goleman (Bantam, 1998).

Your overall EQ and your scores on the 7 REQ sub-scales are shown on the profile chart on the next page. This chart is intended to give you a general idea about how your emotional intelligence might be described.

The REQ provides a single score of your emotional intelligence in order to give you an indication of your current overall EQ. This result is based on your total score across seven dimensions measured by the questionnaire. It is based on a ten point scale linked to percentile scores.

You have scored 7. Roughly speaking, this means you have scored better than 70 percent of people who have completed this questionnaire. This is a strong indication that you do possess the style and competencies of an emotionally intelligent individual.

REQ

John Smith

