

# THE CONDOR COLLECTIVE

## EMOTIONAL INTELLIGENT LEADERSHIP

Thank you for helping me learn more about my emotional intelligence.  
Please circle the answers that best describe me so I can compare your perceptions  
with my own.

### EMOTIONAL SELF-AWARENESS

1. Can describe his or her emotions in the moment he or she experiences them.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
2. Can describe his or her feelings in detail, beyond just "happy," "sad," "angry," and so on.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
3. Appears to understand the reasons for his or her feelings.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
4. Appears to understand how stress affects his or her mood and behavior.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
5. Appears to understand his or her leadership strengths and weaknesses.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER

### POSITIVE OUTLOOK

6. Can describe his or her emotions in the moment he or she experiences them.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
7. Focuses on opportunities rather than obstacles.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
8. Sees people as good and well-intentioned.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
9. Looks forward to the future.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER
10. Appears to feel hopeful.  
5. ALWAYS  
4. MOST OF THE TIME  
3. FREQUENTLY  
2. SOMETIMES  
1. RARELY  
0. NEVER



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## EMOTIONAL SELF-CONTROL

11. Manages stress well.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
12. Appears calm in the face of pressure or emotional turmoil.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
13. Controls his or her impulses.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
14. Uses strong emotions, such as anger, fear, and joy, appropriately and for the good of others.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
15. Demonstrates patience.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER

## ADAPTABILITY

16. Is flexible when situations change unexpectedly.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
17. Is adept at managing multiple, conflicting demands.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
18. Easily adjusts goals when circumstances change.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
19. Can shift his or her priorities quickly.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER
20. Adapts easily when a situation is uncertain or ever-changing.
- 5. ALWAYS
  - 4. MOST OF THE TIME
  - 3. FREQUENTLY
  - 2. SOMETIMES
  - 1. RARELY
  - 0. NEVER



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## EMPATHY

21. Strives to understand people's underlying feelings.

- 5. ALWAYS
- 4. MOST OF THE TIME
- 3. FREQUENTLY
- 2. SOMETIMES
- 1. RARELY
- 0. NEVER

23. Tries to understand why people behave the way they do.

- 5. ALWAYS
- 4. MOST OF THE TIME
- 3. FREQUENTLY
- 2. SOMETIMES
- 1. RARELY
- 0. NEVER

25. Appears to understand how other people's experiences affect their feelings, thoughts, and behaviour.

- 5. ALWAYS
- 4. MOST OF THE TIME
- 3. FREQUENTLY
- 2. SOMETIMES
- 1. RARELY
- 0. NEVER

22. Shows curiosity about others by listening attentively to them.

- 5. ALWAYS
- 4. MOST OF THE TIME
- 3. FREQUENTLY
- 2. SOMETIMES
- 1. RARELY
- 0. NEVER

24. Appears to understand others' viewpoints, even when they are different from his or her own.

- 5. ALWAYS
- 4. MOST OF THE TIME
- 3. FREQUENTLY
- 2. SOMETIMES
- 1. RARELY
- 0. NEVER

**ADD UP THE SCORES FOR EACH SECTION.**

### SCORING KEY

- ALWAYS = 5**
- MOST OF THE TIME = 4**
- FREQUENTLY = 3**
- SOMETIMES = 2**
- RARELY = 1**
- NEVER = 0**

