

Multi-dimensional Emotional Intelligence Quotient

Purpose: The full MEIQ version offers detailed results on over 30 traits and skills that make up emotional intelligence. EIQ is defined as the ability to deal with one's own and other people's emotions.

No. of questions: 234

Question type: Situational, self-report, skill testing

Estimated completion time: 75 minutes

Shorter version of assessment available: YES

Report Includes:

- Summary
- Introduction
- Graphs
- Detailed narrative interpretation
- List of Strengths and Limitations
- Impression Management
- Advice



Factors and Scales:

Overall Score plus 4 factors, divided into 20 scales:

- Emotional Identification, Perception, and Expression: Ability to characterize emotions in oneself and in others.
- Emotional Facilitation of Thought: Ability/Willingness to use feelings constructively; to let them guide you.
- Emotional Understanding: Ability to understand and analyze emotions, and solve emotional problems.
- Emotional Management: Ability to take responsibility for one's emotions.
- Moderating Emotional Intelligence Factors: Factors that play a role in the way emotions are perceived, understood, expressed, and managed.

20 scales:

- | | | |
|------------------------------------------|---------------------------------|--------------------------------|
| • Emotional Self-awareness | • Social Insight | • Emotional Selectivity |
| • Awareness of Strengths and Limitations | • Emotional Integration | • Adaptable Social Skills |
| • Comfort with Emotions | • Conflict Resolution Knowledge | • Conflict Resolution Behavior |
| • Recognition of Other's Emotions | • Impulse Control | • Assertiveness |
| • Rumination | • Self-Control | • Self-esteem |
| • Problem-solving Skills | • Resilience/Hardiness | • Contentment |
| • Values Integrity | • Coping Skills | • Independence |
| • Positive Mindset | • Self-Motivation | • Goal Setting |
| • Emotional Reflection | • Striving | • Social Responsibility |
| • Empathy | | • Flexibility |

APPLICATION:

- Pre-employment
- Team building
- Leadership development
- Sales and Customer Service training
- Personnel development
- Counseling Tool