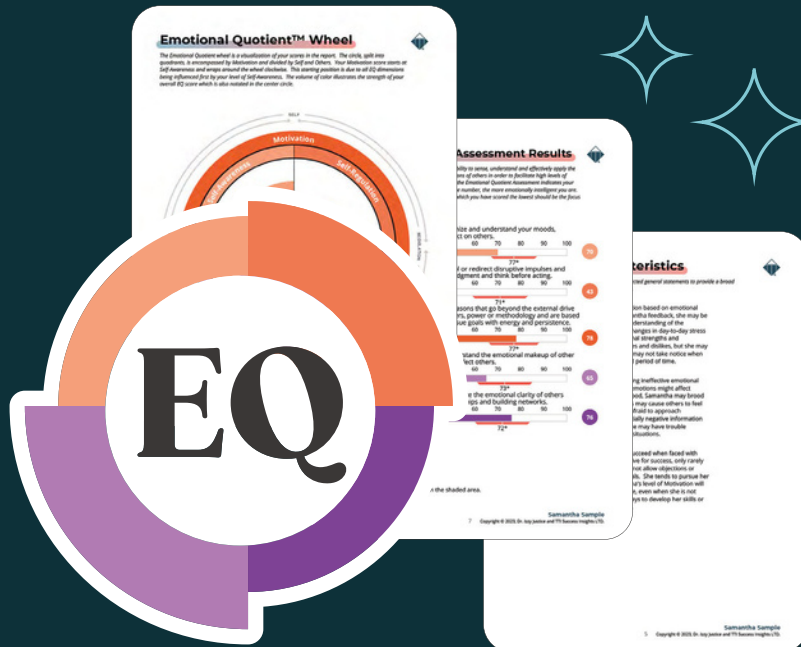




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Your look at TTI's EQ Assessment



Measure your Emotional Quotient (EQ) and gain deeper insight with this in-depth emotional intelligence assessment.

These sample pages just scratch the surface of all that's available in the EQ assessment.

Contact [LIG Coaching & Consulting](#) for a complimentary Discovery Conversation to learn more or access the full report.



A Look at TTI's EQ Assessment: Framework of Emotional Intelligence

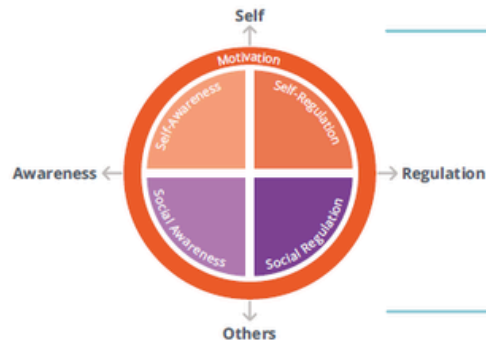
Introduction

A Framework of Emotional Intelligence

This report is structured around five core dimensions of Emotional Intelligence. Each dimension reflects a distinct, yet interconnected, aspect of how emotions are perceived, processed, and applied. Together, they provide a comprehensive picture of how emotional patterns influence performance, relationships, and well-being.

- **Self-Awareness** is the ability to recognize and understand your moods, emotions, and drives. This dimension explores how actively a person notices and reflects on their emotions and the effect those emotions may have.
- **Self-Regulation** is the ability to control or redirect disruptive impulses and moods, and the tendency to suspend judgment and think before acting. This dimension explores how consistently emotional responses are managed and redirected to maintain balance and focus.
- **Motivation** is the passion to work for reasons that go beyond external drives such as knowledge, utility, surroundings, others, power, or methodology, and is based on an internal drive or tendency to pursue goals with energy and persistence. This dimension explores how purposeful emotional energy is channeled into meaningful goals and sustained effort.
- **Social Awareness** is the ability to understand the emotional makeup of other people and how your words and actions affect them. This dimension explores how attentively emotional cues in others are recognized and interpreted in social situations.
- **Social Regulation** is the ability to influence the emotional clarity of others through skill in managing relationships and building networks. This dimension explores how intentionally emotional dynamics are managed to guide interactions and support positive outcomes.

This report uses this framework to highlight current levels of activity, offer practical growth strategies, and explore how each area may influence day-to-day outcomes.



John Doe

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EQ measures five distinct yet interconnected dimensions of emotional intelligence. It provides a clear framework for understanding your own emotions and the emotions of others.

This graphic illustrates the five dimensions of EQ: Self-Awareness, Self-Regulation, Motivation, Social Awareness, Social Regulation.

Developing EQ builds trust, strengthens collaboration, increases adaptability, and drives better results.



A Look at TTI's EQ Assessment: Five Dimensions of Emotional Intelligence

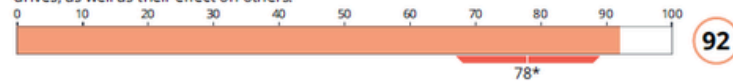
Emotional Quotient Graph

The Five Dimensions of Emotional Intelligence

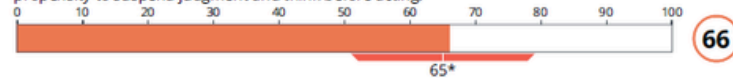
This section provides a visual summary of how actively each of the five dimensions may be reflected in John's day-to-day actions, decision-making, and interaction. Rather than labeling ability, this information is designed to support reflection, highlight his natural tendencies, and identify opportunities for growth. Use this section to help him reflect on what's working, what may feel less natural, and where focused action could support greater effectiveness in different situations.

Self Dimension

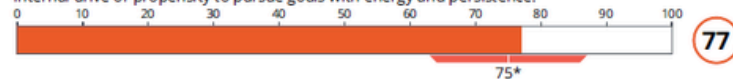
Self-Awareness - The ability to recognize and understand your moods, emotions and drives, as well as their effect on others.



Self-Regulation - The ability to control or redirect disruptive impulses and moods and the propensity to suspend judgment and think before acting.

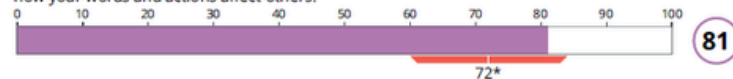


Motivation - A passion to work for reasons that go beyond the external drive for knowledge, utility, surroundings, others, power or methodology and are based on an internal drive or propensity to pursue goals with energy and persistence.

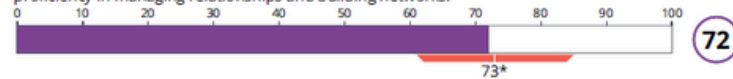


Others Dimension

Social Awareness - The ability to understand the emotional makeup of other people and how your words and actions affect others.



Social Regulation - The ability to influence the emotional clarity of others through a proficiency in managing relationships and building networks.



* 68% of the population falls within the shaded area.

Norm 2025
T: 659

John Doe

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The graph visually represents how active your EQ is across the Self and Others dimensions. It compares your scores to the population, providing insight into your level of activity in each area.

Higher scores reflect stronger focus, or activity, while lower scores highlight opportunities for growth. Like a muscle, EQ strengthens with intentional effort and can weaken without it.



A Look at TTI's EQ Assessment: Exploring Emotional Themes & Patterns

Emotional Quotient Activity Snapshot

Exploring Emotional Themes & Patterns

This section provides a high-level summary of how actively the emotional dimensions explored in this report may be influencing John's actions, decision-making, and interaction. Each graph consolidates related areas of focus, offering a broader view of personal and interpersonal emotional activity. Use this section to reflect on which areas of emotional focus may come more naturally and where increased attention could support personal growth, connection, and overall effectiveness.

Total EQ Score

A combined view across all five dimensions, reflecting the overall level of emotional activity that may be shaping thoughts, actions, and interactions with others.



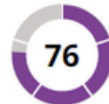
Self Dimension Score

A consolidated score drawn from Self-Awareness, Self-Regulation, and Motivation. This score reflects how consistently emotions are recognized, understood, and channeled toward meaningful outcomes.



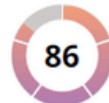
Others Dimension Score

A consolidated score based on Social Awareness and Social Regulation. This score shows how actively emotional cues are perceived in others and how relationships are managed to support effective outcomes.



Awareness Dimension Score

A consolidated score based on Self-Awareness and Social Awareness. This score reflects how actively emotional signals are perceived, both internally and in others.



Regulation Dimension Score

A consolidated score based on Self-Regulation and Social Regulation. This score reflects how emotions are managed in both personal and interpersonal contexts to support stability, collaboration, and results.



This section provides a quick visual of your overall EQ. It displays dimensional scores across Self (internal) and Others (external), as well as Awareness (understanding) and Regulation (action), clearly highlighting strengths and opportunities to improve effectiveness.

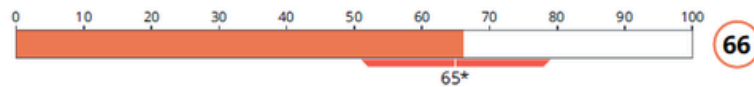
Consistent and balanced focus across all the dimensions of EQ supports emotional stability, leading to improved interactions with others and increased understanding.



A Look at TTI's EQ Assessment: Self-Regulation

Self-Regulation

This section explores how actively John manages emotional responses in a consistent and intentional way. Self-Regulation reflects the degree to which he maintains emotional balance and redirects disruptive impulses in service of stability and focus. Use this section to help him reflect on how effectively he integrates emotions into productive routines and remains composed under pressure.



John responds thoughtfully in most moments, with reliable emotional control across many settings. Expanding strategies for recovery and tone management might help him stay grounded under greater demand. This score reflects a dependable self-management approach with room to sharpen and scale.

Growth Activities

Based on John's Self-Regulation score, below is a list of potential ways for him to enhance emotional control and reactivity in order to incorporate emotional energy into productive pursuits while managing impulses and disruptions:

1. Reflect on two difficult conversations this week, taking note of what helped and what didn't.
2. Support energy balance by using clear boundary-setting and self-talk to reframe negative thought patterns.
3. Add one breath or pause before responding in three live conversations.
4. In the next high-pressure scenario, use a centering breath to maintain tone. Reflect on what worked.
5. Journal two recurring reactions and note what tended to spark them.
6. Choose one difficult topic to discuss. Practice managing tone and word choice throughout the exchange.
7. For one charged situation this month, note how long intensity lasted and what helped shorten or prolong the response.

Each EQ dimension has a dedicated page that shows your scores relative to the population of other assessment takers. It explains what your results reveal about your EQ baseline, the impact of future focus, and opportunities for growth.

EQ Growth Activities are tailored to your scores and each dimension, providing targeted, coaching-based actions to strengthen your effectiveness.



A Look at TTI's EQ Assessment: Emotional Intelligence Quick Tips

Emotional Intelligence Quick Tips



This section offers practical, easy-to-apply tips aligned with John's current patterns across the five key areas of emotional intelligence. Use this section to find simple ways to help John strengthen his emotional effectiveness in daily situations, both personally and in working with others.



Self-Awareness

Recognizing internal states & understanding how they influence thoughts, decisions & actions.

- Track how mood influences three key decisions.
- Use emotion words in daily reflection to enhance clarity.
- Link personal values to three recent choices.



Self-Regulation

Managing impulses & responses to stay balanced, focused & effective under pressure.

- Practice one "pause & breathe" moment daily.
- Try two reset moments during work hours.
- Choose a daily physical activity to reset & regulate state.



Motivation

Channeling internal drive into purposeful goals & consistent forward action.

- Write one goal alignment check-in per week.
- Track one self-motivated task each day.
- Identify one reframe moment per day.



Social Awareness

Noticing & understanding the emotional signals, needs & experiences of others.

- Track mood shifts across three team meetings.
- Match tone to energy twice daily.
- When observing reactions, ask "What else could be going on?"



Social Regulation

Shaping emotional tone & communication to support connection, clarity & shared outcomes.

- Reflect on how tone landed today.
- Ask, "Did my tone help or harm the situation?"
- Reflect on tone before beginning a conversation.

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John Doe

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This section provides practical tips to help you build your EQ based on your current results across the five dimensions.

Consistent, simple actions can strengthen emotional effectiveness.

This report is:

- Personalized to your unique EQ
- Practical, actionable, and ready for your immediate use
- Applicable in both personal and professional settings



Experience the Full EQ Report.

The EQ assessment measures how effectively you engage with your own emotions and those around you, revealing strengths across Self and Others while identifying opportunities for growth.

EQ helps:

- Increase self-awareness
- Improve understanding of others
- Develop stronger relationships and outcomes



Unlock the power of EQ in your life & business.

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Take an assessment for yourself
and access your full report.

Turn greater awareness into action!