



## Your result: 'Excellent EQ'



We are impressed!  
Congratulations on your exceptional EQ! If you scored in this range, there is a slight caveat however.

You are either extremely high in emotional intelligence or extremely low. How is this possible?

These results may reflect your high level of self-knowledge or a lack of it

since you must be self-aware to assess yourself accurately. For this reason, self-awareness is the foundational competency of emotional intelligence. You may want to seek clarification from a peer, co-worker or family member to validate how they feel you respond emotionally when you are under pressure. You've either made it to the top or have a long way to go.