

TOPIC: EMOTIONAL INTELLIGENCE (EQ)

Potential Signs of Low EQ

- Being argumentative
- Not listening
- Always having to be “right”
- Insensitivity to others
- Blaming others
- Poor coping skills
- Emotional outbursts

Impact on Your Work

- Strained working relationships



Five Ways to Help Yourself

1. Know how you feel
2. Tune in to what others are feeling
3. Use your own emotions to inform your actions
4. Build relationships
5. Learn more about emotional intelligence by talking with your EAP

Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>

Your EQ is more important than your IQ!