

Mindwise

Emotional Intelligence & Well Being Guide:

Understand yourself and those around you, a little better

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Thank you for taking part in MindWise - we are sure you'll find your report both useful and interesting.

You'll find there are suggestions which are to be used as a guide just for you - and it is up to you as to how you use this information.

The overview of your results are:

	Low	Tends to low	Balance	Tends to high	High
Emotions					
Empathy					
Innovation					
Intuition					
Motivation					
Self-awareness					
Social skills					

What is emotional intelligence and well-being?

Emotional Intelligence (EI) involves understanding and using your feelings (as listed above) to help you in life generally - so helping with your sense of well-being.

What's Well Being ? - it's all about how comfortable, healthy, and happy you feel .This can change from day to day of course, but your best feeling of well-being is a good state to aim for.

EI is about how we perform

In addition to our abilities and skills, EI is an important component that reveals how we interact with others, or perform at school, college and at work. It can also look at how innovative we are and how we deal with pressure and stress.

Different levels of EI

Most of us have average scores with some highs and lows in the different EI aspects.

You can make changes

You may be able to change your levels of EI if you wish to. For example, if your score is lower on the motivation scale, you can try to improve your motivation, if you think that's a good thing to do.

Your guide - MindWise

This guide has been produced in good faith based upon your own true responses to the questionnaire. It will tell you where you are at the moment and help you to consider your current situation and to possibly make any changes you feel could be helpful.

Its accuracy depends on your honesty and understanding of yourself and it can be useful to talk to someone you trust, to discuss all this valuable information about you.

Scale

The results of your questionnaire are displayed on a scale.

- A high score means you may need to consider what impact this aspect could have on you: e.g. if you have a high score for empathy, you may find tough decisions difficult to make. Or a person with a high innovation score may be thought of as too much of a risk taker.
- A balance score means you probably have balanced aspects and are generally able to use your EI appropriately.
- A low score does not automatically mean that you cannot do well in these areas because people work in different ways (we're all different after all) and can compensate for their approaches in various ways. However, it may be useful to explore your low score areas - to see if you wish to or can, increase your EI in these directions - it's up to you to consider this.

Many people score within the balanced range. This would mean that they are able to be innovative if and when the situation interests them. They do not always seek to change and develop things.

Low scorers generally prefer to take other people's ideas Low scorers generally prefer to take other peoples ideas and procedures on board rather than develop their own. They can be reluctant to make changes and if they do, such changes are likely to be step by step. They prefer stability rather than constant change.

Intuition

Intuition means relying on the senses to determine what is happening around you and what needs to be done.

High scorers often use guesses, even educated guesses or hunches when making decisions. Very high scorers may even rely on their hunches without any recourse to facts and hard information, wholly trusting their instincts and feelings. High scorers are usually aware of people and the world around them. They are also able to sense what others are feeling or even thinking, relying on their instinct to make decisions and judgements.

Low	Tends to low	Balance	Tends to high	High

Those scoring in the balanced range use their intuition as and when they feel it best to do so and perhaps when they feel a situation needs it or not. Many people are reluctant to rely wholly on their intuition preferring to back it up with some facts. Other people in this range are not used to using their intuition or may even feel a little threatened if they have to do so.

Low scorers do not rely on their instincts or feelings and are reluctant to understand or use emotional or intuitive knowledge about others or when considering what to do. They simply rely on hard facts, information and analysis.

Motivation

Motivation is all about the desire to achieve and get on in life.

High scorers usually have high expectations and can become frustrated with mistakes and imperfections.

They are likely to be completely absorbed in their work and take on board all that is offered and expected of them. They seize opportunities to progress and those who score very high in this area can become completely obsessed with achievement. Setbacks and barriers rarely cause them a real problem as they will see these as challenges to overcome.

Low	Tends to low	Balance	Tends to high	High

Balanced scorers usually have good expectations of themselves and what they want out of life without being over motivated or totally de-motivated. They are usually well driven enough to succeed and know what needs to be done to achieve what they set out to achieve. These people also usually have a good balance between work and relaxation.

Low scorers are happy enough to do what is expected of them and take things no further. They may find that they are content with the ambitions and level of self determination which they set for themselves even if these do not necessarily match their potential. They are less interested in detail and quality and may not require to seek advancement in an organisational or academic sense.

Self-awareness

This means knowing and understanding yourself and what motivates you. Being aware of your strengths and weaknesses, your social skills, how you are able to empathise with others. It can also mean understanding how you cope with stress and pressure and what you can do about it to make life more comfortable. It involves understanding your emotions and how these affect you and others around you.

Self-awareness includes how you reflect on your experiences and performances. It can include an awareness of your values and other matters of importance to you and how these aspects can have an impact on your life.

High scorers in this respect are aware of what they can do and what they cannot do. They can recognise when they need the help of others. High scorers seek comments and feedback from others and are more aware of their limitations.

Low	Tends to low	Balance	Tends to high	High

Many people are quite well aware of themselves, ie their strengths and weaknesses and how these can be best employed or even developed. They are usually reasonably self confident with a mix of uncertainty or assurance about themselves in different situations.

Low scorers may think that it is not important to consider their own feelings, emotions, strengths and weaknesses. They may prefer not to acknowledge that they have weaknesses and what they could do about them. Low scorers may feel that there is not a lot to learn from experience or from the feedback or criticism of others.

Social skills

Social skills are concerned with personal relationships of any description, whether it is a long or short term interaction with someone.

High scorers will believe that social relationships are very important and will therefore spend time and energy on establishing and developing relationships with others. They are usually skilled communicators and can motivate and lead others effectively. High scorers generally enjoy social occasions, working together in groups and teams and are effective and skilled communicators.

Low	Tends to low	Balance	Tends to high	High

Many people possess and use sufficient social skills to be effective with others and enjoy the company of other people. They are able to motivate and lead depending upon the circumstances and this is their choice. They are able to work both on their own and with others as required.

Low scorers find that they work better on their own rather than with others whether in couples or in teams. Often they can be less interested in communicating and prefer to keep themselves and their views to themselves. In social settings they are not loud or pushy and may prefer to stay in the background and are less likely to speak in public.

Emotional Intelligence (EI) is about how we perform and how we can help our general well-being.

In addition to our abilities and technical skills, EI is an important part of how we relate to others and how we perform at school, college and at work. It can also be useful to view how we deal with pressure and stress, how innovative we are, how we relate to others and how others relate to us.

Many people with high ability and aptitude levels may do not do as well as they could due to some aspect of their personal approach and emotional intelligence. Therefore it is useful to not only have knowledge of your abilities and aptitudes (eg academic or sporting, creative talents etc) but also your personal disposition from an emotional intelligence perspective.

Just to emphasise - many of these aspects can be developed if YOU feel comfortable about this and feel it is necessary. We hope you now understand yourself and those around you) a little better.

Well-being

Here are just a few useful tips to help you with your feeling of well-being. Choose any that you think will work for you or check out safe sources for more ideas:

- Meditation can help some of us - find a class that suits you.
- Simple breathing exercises can be useful if you are getting stressed. Just taking a few deep breaths (breathe in through your nose and out through your mouth) can help clear your mind. If possible, a few seconds of "time out" away from the situation can also help. There are some good CDs or DVDs with breathing exercise suggestions.
- Small "rewards" can really help - like rewarding yourself with watching a favourite TV program- having a nice snack- take a bath with scented candles - watching the clouds go by - take a short walk- read a magazine. Whatever works for you, regular breaks with a simple reward can be good.
- Exercise is good at making us feel better - walking, following an exercise DVD, skating, cycling, dance madly to music, yoga good exercise aimed at relaxation, find a class or DVD)
- Laughing! We probably don't laugh enough but watching a favourite funny film or TV program or YouTube clip (laughing with someone not AT someone) can lift the spirits.
- Music - can be a quick way to change your mood; if you're feeling a bit "hyper" try calm music and the opposite can work too - if you're a bit low try faster, exciting music . Classical music can be fantastic too - give it a go; Beethoven's 5th Symphony may be a good start, there's lots more out there of course.
- Surroundings - where you are can make a difference to how you feel so try to make your surroundings as nice as possible according to what you like. If you haven't got a beautiful view, put up a picture of one. Have something around in a favourite colour eg an orange cushion/ a purple scarf draped over a seat.
- Look around you...forget what's happened today or will happen tomorrow. Be aware of the present moment - of scents, sounds, your own thoughts, people around you - don't judge them, just observe. These open-minded detailed observations can help you to see your problems realistically, in proper perspective and so you'll have a better chance of finding the solutions that work.