

Emotional Intelligence... **For Coaches and Elite Athletes**



When coaches understand how much emotions and behaviors impact players, performance and outcomes, everyone wins!



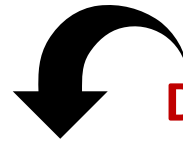
WHAT I NEED TO “LEVEL UP” AS A COACH

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BOTTOM LINE BENEFITS OF EQ



Increases



Decreases

BEST COACHES | WORST COACHES



Characteristics of Best



Characteristics of Worst

BEST CULTURES | WORST CULTURES



Characteristics of **Best**



Characteristics of **Worst**



EMOTIONAL INTELLIGENCE (EQ) | QUICK SCAN

Ranking Scale:

1 = Strongly Dissatisfied
2 = Mildly Dissatisfied

3 = Neutral
4 = Moderately Satisfied

5 = Strongly Satisfied

Instructions: Based on the ranking scale above, choose a number that represents how satisfied you are in each of these areas of EQ and enter the appropriate number. Next, examine the EQ areas of your life, and determine areas where you want to make changes. These areas can become part of your coaching needs and personal improvement goals. This scale is based on EQi 2.0.

What satisfaction level are you now? What target level? Keep in mind some EQ areas may not be that important to you right now. For example, depending on your goals in your emerging life or career, some areas of EQ may be less important than others.

- _____ **Self-Regard** is respecting oneself and self-confidence
- _____ **Self-Actualization** is trying to improve oneself and pursue meaning
- _____ **Emotional Self-Awareness** includes recognizing and understanding one's own emotions
- _____ **Emotional Expression** is constructively expressing one's feelings
- _____ **Assertiveness** involves communicating in a non-offensive and non-destructive manner
- _____ **Independence** is the ability to be self-directed and free from emotional dependency on others.
- _____ **Interpersonal Relationships** refers to maintaining mutually satisfying relationships
- _____ **Empathy** is recognizing, understanding, and appreciating how other people feel
- _____ **Social Responsibility** is willingly contributing to society; being helpful
- _____ **Problem Solving** is the ability to find solutions to problems in situations where emotions are involved
- _____ **Reality Testing** is the capacity to remain objective by seeing things as they really are
- _____ **Impulse Control** is the ability to resist or delay an impulse
- _____ **Flexibility** is adapting emotions, thoughts, and behaviors in a beneficial manner
- _____ **Stress Tolerance** involves coping with stressful or difficult hopeful
- _____ **Optimism** is an indicator of one's positive attitude; remaining hopeful
- _____ **Happiness** is characterized by feelings of satisfaction and contentment



EMOTIONAL INTELLIGENCE 2.0

YOUR COMPOSITE

2 SUBSCALES

1. _____

Description:

Benefits:

Risks:

Strategies:

2. _____

Description:

Benefits:

Risks:

Strategies:

MY WINNING GAME PLAN

*I understand developing higher **emotional competency** will transform the way I coach and lead. Here are 3-5 action steps I commit to taking to elevate my EQ to the next level.*

1. _____

2. _____

3. _____

4. _____

5. _____

