

# Baron EQ-i

“Measure what matters - emotional intelligence at work.”

## What is the EQ-i?

The Baron EQ-I assesses an individual's ability to recognize and regulate emotions within themselves and in others. These abilities have been found to be of great importance in various aspects of career success.

The Baron EQ-I assesses 5 core areas and 15 sub-dimensions:

### ✓ **Self-Perception**

- Self-Regard
- Self-Actualisation
- Emotional Self-Awareness

### ✓ **Self-Expression**

- Emotional Expression
- Assertiveness
- Independence

### ✓ **Interpersonal**

- Interpersonal Relationships
- Empathy
- Social Responsibility

### ✓ **Decision-Making**

- Problem Solving
- Reality Testing
- Impulse Control

### ✓ **Stress Management**

- Flexibility
- Stress Tolerance
- Optimism

## What information does it provide?

- Total score summaries for each EQ core area and sub-dimension
- Implications of scores
- Benchmarked scores
- Impact at work
- Strategies for Action

## Benefits of the EQ-i:

- Simplicity: simple to use, easy to understand.
- Rigour: robust psychometric properties, multiple report generation.
- Online: 100% cloud-based; data safe and secure.
- Norms: various norms available
- Application: Selection, promotion, succession planning, talent pipelining

