

Emotional Intelligence (WE-I) Assessment

Learn your emotional competencies and how you relate to others

Emotional Intelligence (EQ) does not exist apart from relationships. We are created, developed, and sustained in relationship throughout our lives. Our brain and our emotional competencies develop in relationship. As adults, our emotional intelligence is dynamic and our responses to stress often vary depending on the situation and the people involved.

The WE-I Profile, developed by Learning in Action Technologies, provides you with an overview of your internalized relational map that has been developed through life experience from infancy to this moment. The report indicates your relationship strategies in different difficult contexts, focusing on the core emotional intelligence competencies of self-reflection, self-regulation, and empathy.



The 'EQ in Action Profile' measures your competency with engaging videos of someone speaking directly to you.

Track your experience as you listen in each scenario, then choose statements to evaluate what you may feel.

An EQ profile report provides you with a snapshot of your emotional competence in various situations.

Interested in learning more about your own Emotional Intelligence? Register for the Gonzaga University Emotional Intelligence package, which includes:

- Access to an online assessment, culminating in a 20 page personal report
- 60-minute individual debriefing with a certified consultant
- Recommendations for further developing your Emotional Intelligence