

ASSESSING SELF AWARENESS AND EI

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http://trainingpd.suite101.com/article.cfm/assessing_self_awareness_and_ei

To assess your level of self-awareness, what is your degree of EI around handling criticism, displaying strong emotions and moodiness and creating political tensions?

Handling criticism with grace is a skill that will get you promoted. It is important to understand how to disarm your critics and to be able to listen and not take it as a personal attack on your character. Emotional outbursts impact those around you. Understand that your fluctuating moods and passionate reactions to things can affect productivity and morale. Take measures such as anger management training to tame your beast!

Can I separate criticism of my behavior from an attack on me personally?

When your work is criticized, it is your work that is not up to par, not you. Be careful to make that differentiation so that you react with your head to the criticism and ask questions so that you discover the reasons behind the **criticism** and how you can correct the situation.

Do I lose my temper and lash out or cry frequently?

Excessive demonstrations of anger or disappointment can create great disharmony in a team and led to loss of respect and cooperation. It is critical for you to seek professional counseling to work through the root cause of your intense emotional outbursts. Your coworkers and/or reports will thank you.

Do I create political problems?

If you have an intense temper, cry frequently, use passive aggressiveness to make your point (pout, sarcasm, sabotage, criticisms) you will be using up your political currency. The more of this currency you use, the less likely you will receive that promotion, corner office or raise.

Am I moody?

Your moods affect those who you work with. If you are having a bad day, do what ever you can to not deflect that on those you work with. Inconsistency of mood creates uncertainty, communication breakdown and low productivity if the team does not know how you will react to certain information or situations.