



Six Seconds EQ Model



This model of EQ begins with three important pursuits: to become more aware, more intentional and more purposeful. Each area contains specific competencies that can be learned, improved upon, and are measured within assessments.

EQ Model

Know Yourself

Being more aware, clearly seeing what you feel and do. Emotions are data, and these competencies allow you to accurately reflect and collect that information.

Choose Yourself

Being more intentional, doing what you mean to do. Instead of reacting on autopilot these competencies allow you to pause, consider and proactively respond.

Give Yourself

Being more purposeful, acting with a reason. These competencies help you align values and vision to inspire, drive and pursue what is really important.



EQ Competencies

Within each of these three pursuits are specific, measurable, learnable competencies.

Pursuit	Competency	Definition
Know Yourself	Enhance Emotional Literacy	Accurately identifying and interpreting both simple and compound feelings
	Recognize Patterns	Acknowledging frequently recurring reactions and behavior
Choose Yourself	Apply Consequential Thinking	Evaluating the costs and benefits of your choices
	Navigate Emotions	Assessing, harnessing, and transforming emotions as a strategic resource
	Engage Intrinsic Motivation	Gaining energy from personal values and commitments vs. being driven by external forces
	Exercise Optimism	Taking a proactive perspective of hope and possibility
Give Yourself	Increase Empathy	Recognizing and appropriately responding to others' emotions
	Pursue Noble Goals	Connecting your daily choices with your overarching sense of purpose