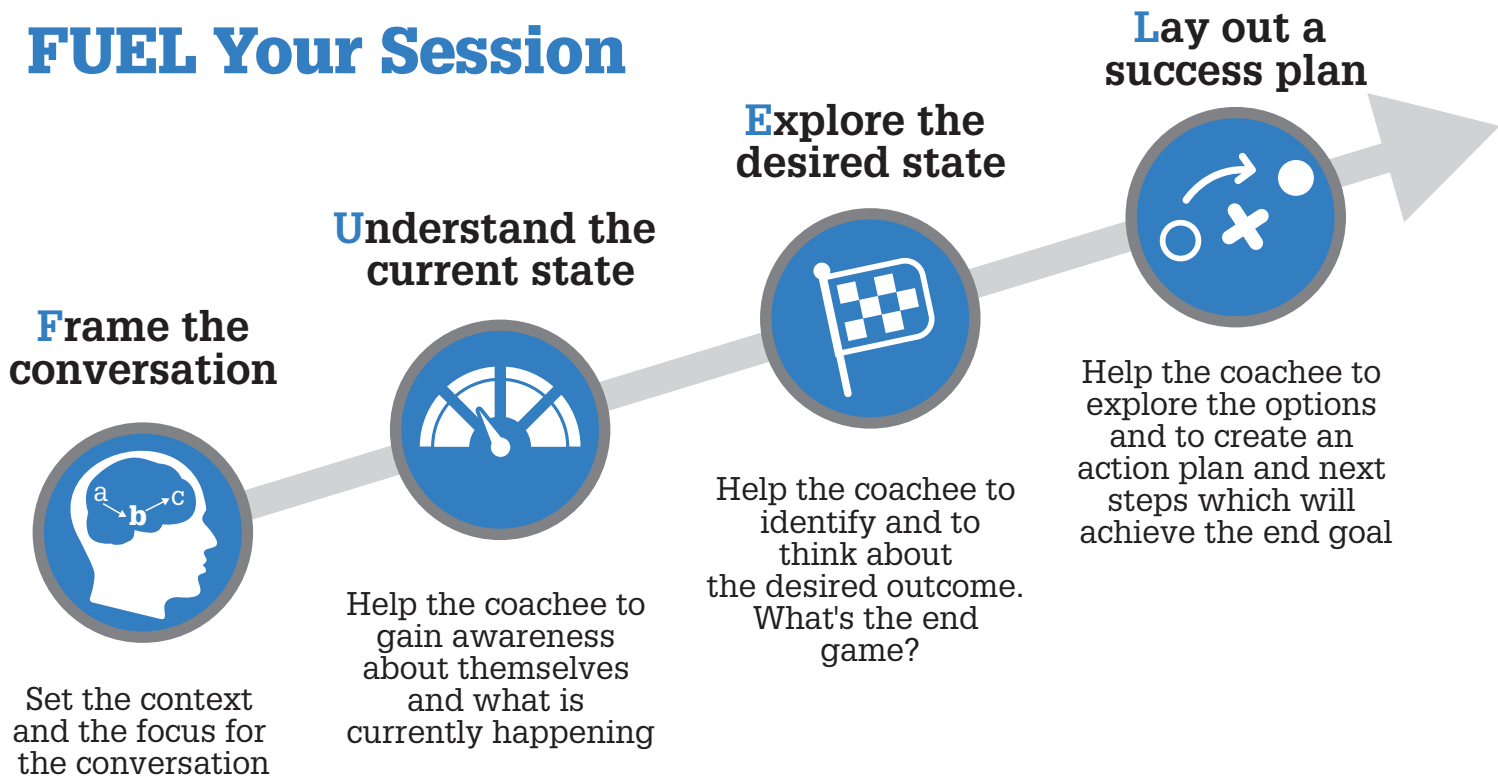


7 Ways To Improve Your Emotional Intelligence

Coaching Blueprint

FUEL Your Session



Power Questions

- 1 How would you describe the term Emotional Intelligence? How would you describe your personal emotional intelligence?
- 2 What areas have you identified as Emotionally strong? Give some examples of where you have displayed this...
- 3 What Emotional areas do you feel you need to develop? Why is this? Give examples...
- 4 Who would you say across the organisation is very emotionally intelligent? How do you know this? What behaviours do they display?
- 5 Why do you think some people are not as emotionally intelligent? How can you tell who these types of people are?
- 6 Talk me through your action plan. What activities are you planning to do to help develop your emotional intelligence?
- 7 Are there any particular areas you struggle with? Please give examples and explain why you think this is and what you could do about it.
- 8 Who have you asked for feedback about your emotions and behaviours? What was their feedback?
- 9 How are you going to use this feedback to develop yourself further? Has anything surprised you? Why is this?
- 10 Is there any feedback that you do not agree with? What is this, and why don't you agree? How are you going to manage this?
- 11 Explain how you are giving more empathy to yourself. How are you creating a more positive environment around you?
- 12 How are you managing things that upset you or bring out unwanted emotions? Do you need any further support?