

# Mayer Salovey Caruso Emotional Intelligence Test™

Performance based test to measure skills in emotional intelligence, based on the original, scientific emotional intelligence framework developed by John Mayer PhD. and Peter Salovey PhD.

Emotional intelligence is much more than how you feel and what mood you're in, it's about being effective, and being able to problem solve with and about emotion.

Measures skills on the four branches (eight task areas) of the framework:



## Identifying emotions

In yourself

In others/environments

Emotions are social signals and provide us with valuable data. The ability to correctly identify emotions provides information on how you and others may be feeling and places you in a position to respond appropriately. This is useful when managing people, working in sales, and giving presentations.



## Using emotions (Facilitation of thought)

Sensations

Facilitation

sensations is the ability to empathise with another person – that is, to really “feel” what they are feeling. Facilitation is the ability to know what emotion is most helpful for the task at hand, and the ability to generate the appropriate emotion in yourself and others to be more effective in achieving your outcome.

## Understanding emotions

Blends

Changes

This branch relates the ability to understand complex blends of emotions, and how emotions change over time e.g. someone who is frustrated in the workplace may then become annoyed, resentful, angry, and disengaged. This is particularly useful in being able to understand what is happening for another person, and positively intervene so that you can create a desirable outcome.

## Managing (Regulating) emotions



Emotional management

Emotional Relationships

This is the ability to manage your own emotions effectively, and to manage your emotional relationships with others. This is critical in managing your health, and your relationships with others.

Developing your skills in emotional intelligence can improve your success and performance in all areas of your life, in particular: Managing change, leading yourself and others, improving your personal relationships, and in the workplace can lead to: improved productivity, increased staff retention and engagement, improved team communication and relationships.