

Emotional Agility Assessment Quadrants

Awareness
Management

Self

Others

SELF-AWARENESS

- Emotional Self-Awareness
- Accurate Self-Assessment
- Self-Confidence

SOCIAL-AWARENESS

- Empathy
- Organizational Awareness
- Service Orientation

SELF-MANAGEMENT

- Emotional Self-Control
- Transparency
- Adaptability
- Achievement Orientation
- Initiative
- Optimism

RELATIONSHIP MANAGEMENT

- Developing Others
- Inspirational Leadership
- Change Catalyst
- Influence
- Conflict Management
- Teamwork & Collaboration



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