

Emotional intelligence

What is your level of EQ?

Psychology Today defines EQ as “the ability to identify and manage one’s own emotions, as well as the emotions of others.” And people steeped in it understand how to control their emotions in a way that enhances, rather than detracts from, their problem-solving abilities.

In terms of entrepreneurship, having high emotional intelligence is extremely beneficial. With high emotional intelligence comes a better understanding of the needs, feelings, and overall situation of others. As such, an entrepreneur with high emotional intelligence can better create a product or service to fit the needs of their target customer. Similarly, entrepreneurs with high emotional intelligence can better work with and understand their coworkers and clients and cultivate better relationships with them as a result of their heightened sensitivity to the emotional states of those around them. (<https://www.bidsketch.com/blog/business/emotional-intelligence-entrepreneur/>)

Do this online EQ test and study your results:

<https://globalleadershipfoundation.com/geit/eitest.html>

What is your strength:

What is your weakness:

How are you going to foster your strengths into your business and reduce the impact of your weaknesses?

What is your personality type?

Do this online test to get your result. It helps you understand better the type of person you are. Find out your positive and negative points. The important thing is to accept who you are and develop strategies to overcome your weaknesses and fears.

<https://www.16personalities.com/>

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