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## YOUR PERSONAL ERQ RESULTS

The summary table on this page show you your scores on the different Emotional and Relational Intelligence® sections of this survey. You can use this information to recognize areas in your life where you are doing well in your relationships, and to identify areas in your life where you might want to invest time and energy to improve how you relate with others.

The percentage scores we've provided will help you understand which areas are strengths and which are areas for growth. The table below will help you understand what your percentage scores suggest.

90 to 100%	This is an area of clear strength
80 to 89%	This is an area of potential strength
70 to 79%	This is an area where you have room to grow
Below 70%	This is an area where improvement is needed

**To Learn More** about the areas listed below and how you can work to improve your score, we have a [collection of online resources available on our web site](#).

### EMOTIONAL INTELLIGENCE

#### *Self-Awareness*

Emotional Self-Awareness:	93%
Accurate Self-Assessment:	97%
Self-Confidence:	80%

#### *Self-Management*

Emotional Self-Control:	53%
Personal Responsibility:	100%
Anger Management:	87%

## SAMPLE STUDENT FEEDBACK

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## RELATIONAL COMPETENCE

### *Relational Awareness*

Empathy:	83%
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Listening:	83%
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### *Relationship Management*

Forgiveness:	77%
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Conflict Engagement:	43%
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Conflict Management:	83%
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Communication:	73%
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**Note 1:** Your responses to items on this survey are kept anonymous. We only use your email address to send you your results.

**Note 2:** This is your only opportunity to get these results emailed to you. We do not have an automated way to generate another report for you should you change your mind.

**Note 3:** You must enter your email address to be included in the prize drawing. This is how we'll notify winners.

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