EMOTIONAL INTELLIGENCE (TEQUie)

Benefits of Emotional Intelligence (TEQUie)
Emotional Intelligence will increase individuals’ ability to:
- Influence people
- Show empathy to people
- Have emotional self-control
- Show confidence and project themselves as approachable
- Assess their own emotions.

Objectives of an Emotional Intelligence (TEQUie) 1-1
The 1-1 will help individuals to:
- Understand Emotional Intelligence
- Have a better insight into their individual emotions and how to react to them
- Consider their working relationships and how to manage their Emotional Intelligence more effectively
- Identify how to increase/enhance their personal Emotional Intelligence

Who is eligible for an Emotional Intelligence 1-1?
Any member of Research Active Staff (RAS) on research-focused, teaching-focused and research & teaching contracts are invited to apply for an Emotional Intelligence 1-1 using this link (support is required from the individuals Line Manager or Head of Department or Principal Investigator).
We do not accept applications from postgraduate or research students. Students should refer to the Student Career and Skills website for details of 1-1’s designed specifically to meet their needs.

RAS Emotional Intelligence (TEQUie) 1-1
Upon acceptance individuals:
- Will be asked to complete a personality questionnaire containing 104 choices which takes approximately 30 minutes to complete
- The responses from the participant are analysed and a report produced. This report has 4 categories
  - Managing Feelings
  - Managing Relationships
  - Feelings and Emotions
  - Personal insight
- Click on the link to view an example of the report - Emotional Intelligence report
- On receipt of the completed report a 1-1 meeting with a fully trained member of University of Warwick staff is organised by LDC. At this 1-1 the report is discussed in depth helping delegates to understand their personal Emotional Intelligence, their individual needs and how to manage themselves more effectively.

The Cost
If this Emotional Intelligence 1-1 is part of the individuals PDR or a need identified by their Line Manager, Head of Department or Principal Investigator, the cost is covered by the Learning and Development Centre.
If it is not a requirement of the individual’s PDR the individual’s department may be expected to cover the cost. Individuals are welcome to fund themselves or via their grants. The cost of an Emotional Intelligence 1-1 is £75 + VAT and the 1-1 meeting £150.
Length of the 1-1
One meeting lasting up to 1.5hrs.

No Show/Cancellation Policy:
Due to limited resources, our policy on no show / cancellations is: if staff give LDC up to three working days’ notice the 1-1’s can be re-arranged, if staff do not attend they will forfeit the 1-1 session, unless there are extenuating circumstances. An alternative 1-1 can be re-arranged for no show / forgotten etc. sessions but the cost of the session £150 will need to be borne by the individual or the department.

For further details or any questions please email Sandy Sparks Sandy.Sparks@warwick.ac.uk.