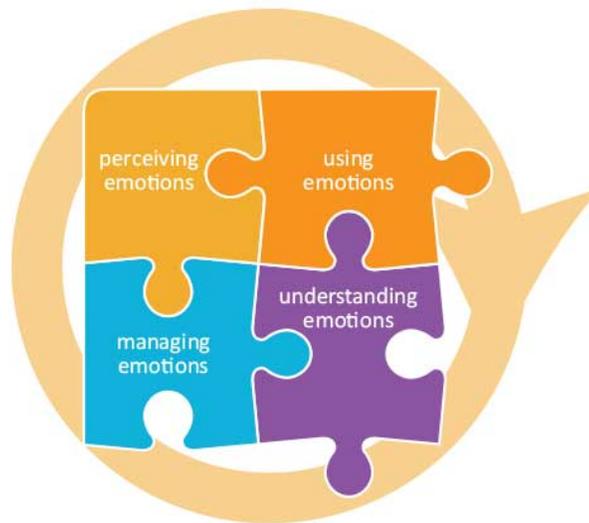




Mayer-Salovey-Caruso EI Test (MSCEIT)

Predict, assess and develop emotional intelligence abilities.

The MSCEIT Test measures your emotional intelligence abilities to help you predict and enhance your own success as a leader of others, or a leader of yourself. Like an IQ Test for emotional reasoning, the test is strengths-based meaning once you receive your results, we can strategically build the areas of EI you value, or want more of.



MSCEIT model

Developed by Peter Salovey, Jack Mayer and David Caruso, originators in the field of emotional intelligence, MSCEIT is designed to assess and develop emotional intelligence ability in four key areas:

- Recognising your own and others' emotions
- Generating and using emotions in problem solving
- Understanding emotions and how emotions may change
- Managing your own and others' emotions.



These abilities enable people to monitor their own and others' feelings and emotions, and use this information strategically and intelligently to communicate more effectively, increase personal resilience and achieve business goals.

Positive benefits

For businesses:

- Provides a direct, objective measure of actual emotional intelligence functioning
- Increases the efficacy of leadership development and coaching work

For managers:

- Enables evaluation of an individual's emotional intelligence at a deeper level
- Accelerates coaching by identifying important needs early
- Helps identify root causes of problems or blocks for employees
- Provides a framework to develop key skills for employees

For individuals:

- Provides a tool for self-awareness in a range of functionally critical areas
- Provides a practical guide to improve emotional effectiveness
- Helps improve your personal effectiveness to manage others, relate to clients and customers and manage yourself and your emotional resources
- Helps to diagnose and then build emotional resources to ensure your efforts are sustainable long-term

Cost: \$499 including a 1.5 hour coaching session to debrief your results via video or in person