

Life On Purpose
EQ assessments for April 19, 20, and 26, 2011, and change from April 19 to 26
Mabel Basset

	4/19/11	4/20/11-Post	4/26/11-Post	Chng from 4-19 to 4-26	%Chng from 4-19 to 4-26
1. Self-awareness	224	240	253	29	13%
a. Emotional Self-awareness	228	244	265	37	16%
b. Accurate Self-assessment	237	251	256	19	8%
c. Personal Power	207	224	238	31	15%
2. Self-Management	204	225	236	32	16%
a. Emotional Self-awareness	214	241	246	32	15%
b. Integrity	200	226	226	26	13%
c. Innovation and creativity	214	222	242	28	13%
d. Initiative and action	176	213	218	42	24%
e. Resilience	198	224	241	43	22%
f. Achievement Drive	228	240	251	23	10%
g. Stress Management	193	207	220	27	14%
h. Realistic Optimism	221	242	247	26	12%
i. Intentionality	189	207	229	40	21%
3. Social or Other Awareness	203	220	229	27	13%
a. Empathy	187	201	209	22	12%
b. Service Ethic	209	236	242	33	16%
c. Organizational Awareness	212	222	236	24	12%
4. Relationship Management	217	230	232	15	7%
a. Developing Others	214	219	221	7	3%
b. Influence	219	224	245	26	12%
c. Communication	180	194	214	34	19%
d. Conflict Management	234	251	252	18	8%
e. Visionary Leadership	213	227	234	21	10%
f. Catalyzing Change	223	240	227	4	2%
g. Building Bonds	191	213	211	20	10%
h. Teamwork and Collaboration	220	237	224	4	2%
i. Building Trust	258	268	258	0	0%

These EQ scores reflect the change in one week as a result of our work with the 20 women at Mabel Bassett Women's Prison, McLoud, OK, in April 2011. The assessment is highly validated and was created by Dr. Laura Belstin, PhD, Institute for Social and Emotional Intelligence. The numbers for this period reflect a 16% increase in the Self-Management EQ Quadrant, 13% increase Self-Awareness, 13% increase in Social or Other Awareness, and 7% increase in Relationship Management. As we track the other workshops we will use this to guide our curriculum development. The next set of workshops we develop will focus more on Relationship Management.