

**An on-line publication related to
Assessment Profiles and the
interpersonal skill of emotional intelligence**

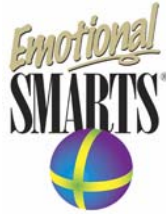
Article 3

by Dr. June Donaldson, Certified Mediator and Arbitrator and President,

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Donaldson & Associates, Inc., through their seminar, workshop, conference presentations and leadership retreat services offer two types of self-scoring learning profiles related to the emotional intelligence concept trademarked as Emotional SMARTS[®]. Both profiles were developed with the assistance of Reverend Eric Haffenden, past president of the Alberta (Canada) Psychological Association and Grant Walker, President, Training and Development Materials of Canada. The profiles have been used by a variety of international clients since 1997 and a sample of the profile statements are outlined below.

If you wish to order profiles for your consulting, learning or personal needs, please contact Training and Development Materials of Canada at tdmc@sympatico.ca or Dr. June Donaldson at www.emotionalsmarts.com.

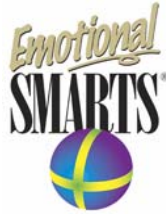


Statement responses are:

- | | |
|-------------------|----|
| Strongly Agree | SA |
| Agree | A |
| Disagree | D |
| Strongly Disagree | SD |

	SA	A	D	SD
1. I experience a wide range of emotions	___	___	___	___
2. I rarely become emotionally troubled over life and work issues	___	___	___	___
3. In disagreements, I listen as much as I speak	___	___	___	___
4. I control urges to overindulge in things that could damage my well being	___	___	___	___
5. I think before I make comments about other people	___	___	___	___
6. I am able to be supportive when giving bad news	___	___	___	___
7. I seek opportunities for “win-win” solutions rather than trying to beat my adversary	___	___	___	___
8. I can accept personal comments without becoming angry	___	___	___	___
9. I restrain myself when feeling emotionally charged	___	___	___	___
10. Good eating and fitness habits keep my stress under control	___	___	___	___

There are two types of profiles – a short version (Form A) which takes approximately 30 – 45 minutes to complete. Its purpose is to assist people in identifying their competency



in each of the four emotional intelligence cornerstones, namely the AWARENESS (A) , BEHAVIOURAL, (B), CONTACT (C) and DECISION MAKING (D) cornerstone.

The second and longer version of the profile – Form B – takes approximately 1.15 minutes to complete. Its purpose is to assist people in identify their competency in each of the four cornerstones identified above and also to identify their skill in each of the sixteen characteristics that support each cornerstone. At the end of completing Form B, individuals would be able to identify specific skills that might need improvement so one can improve their overall level of emotional competency..

The Author: Dr. June Donaldson is an expert in the area of emotional intelligence with her work and trademark of “Emotional SMARTS[®]” being distributed internationally. She is a Certified Mediator and Arbitrator having taken her training through the Alberta Arbitration and Mediation Society. Dr. June receives outstanding reviews on her work and over the years has received many recognitions and Board appointments. Most recently she participated in the Prime Minister of Canada’s Task Force on Women Entrepreneurs in Canada and is she is currently a member of the International Women’s Forum (IWF).

If you would like to learn more about our broad range of educational tools and topical seminars, conference presentations, and leadership retreats, please contact us at 403 – 287 2244 or www.emotionalsmarts.com in Calgary, Alberta, Canada. Thank you!