



# EQ-SS REPORT

**Authored by: Dr. Sri Harsha Govardhana**

# Introduction

Welcome to the EQ-SS Assessment, a tool designed by Dr. Sri Harsha Govardhana, inspired by the fascinating tales of Indian epics like the Ramayana and Mahabharata, as well as the profound teachings of Buddhism. Blending this ancient wisdom with the incredible work on Emotional Intelligence by pioneers like Peter Salavoy, John Mayer, and Daniel Goldman, this assessment offers a unique perspective on understanding and managing our emotions.

## Why Ancient Wisdom and Modern Insights?

The EQ-SS Assessment is not just about assessing your emotional intelligence; it's about unraveling the essence of timeless insights blended with contemporary teachings. This approach aims to provide you with a holistic understanding that can help you grow personally and become a better leader in the modern world.

## The Essence of Emotional Intelligence (EQ-SS framework)

### Self-awareness:

Knowing yourself, your strengths, and your weaknesses. It's like looking in a mental mirror. For you, this means recognizing where you need to improve and grow. As a leader, it's about being real with yourself and others, setting an example by acknowledging your strengths and areas for improvement.

### Self-regulation:

Keeping your cool and not reacting impulsively. Picture it as being the captain of your emotional ship. Personally, it's about staying calm in challenging situations. In leadership, it's vital for making smart decisions even when things get tough, setting a steady course for your team.

### Empathy:

Putting yourself in someone else's shoes. It's like having a radar for other people's feelings. On a personal level, it helps you connect with others on a deeper level. In leadership, it's a superpower for building a team that understands and supports each other.

### Social awareness:

Being tuned in to what's happening around you. Imagine it like having a social antenna. For you, it means understanding the dynamics of the people you're dealing with. As a leader, it helps you navigate team dynamics and make decisions that consider everyone's needs.

### Motivation:

Being driven to achieve your goals. It's like having an internal engine that keeps you going. Personally, it's about pursuing your dreams with passion. In leadership, it's infectious – motivating your team to work together and overcome challenges.

**Conflict resolution:**

Solving problems and disagreements calmly. Think of it as being a peacemaker. In your life, it's about handling conflicts maturely. As a leader, it's crucial for keeping a positive work environment and making sure disagreements don't hold your team back.

**Adaptability:**

Rolling with the punches and handling change well. It's like being a bamboo, bending but not breaking. On a personal level, it helps you deal with life's surprises. As a leader, it's essential for guiding your team through uncertain times and embracing new ideas.

**Emotional resilience:**

Bouncing back from tough times. It's like having a mental trampoline. Personally, it helps you stay strong in the face of challenges. As a leader, it lets you weather storms, make hard decisions, and keep your team confident during rough patches.

**Interpersonal skills:**

Being good at dealing with people. It's like having a social toolkit. For you, it means communicating well and building positive connections. In leadership, it's crucial for building trust, teamwork, and a happy workplace.

**Mindfulness:**

Staying focused on the present moment. It's like mental yoga for your brain. Personally, it reduces stress and helps you stay aware. As a leader, it's about making thoughtful decisions, staying focused, and creating a mindful culture in your organization.

*So, these invaluable insights guide us on how to navigate our own emotions and be leaders in our own lives. These ten skills are tools we can all use for our personal growth and to lead others effectively in our everyday lives.*

**Please Note:**

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## Overview of your scores

Report of	Sample Report
Date of Assessment	Apr 2, 2024 10:57 AM
Organisation	My Organization
Coach and Trainer	Dr. Sri Harsha Govardhana

#	EQ Skills	Score
1	Self-Awareness	140
2	Self-Regulation	140
3	Empathy	140
4	Social Awareness	140
5	Motivation	140
6	Conflict Resolution	140
7	Adaptability	140
8	Emotional Resilience	140
9	Interpersonal skills	140
10	Mindfulness	140
	<b>Total EQ Score</b>	<b>140</b>

Score	Low Score	Medium Score	High Score
EQ Skill	Below 90	91 - 120	121 & Above
Total	Below 90	91 - 120	121 & Above

# General Interpretation of the Results

## Self-awareness:

**You Scored: 140**

- **High Score:** Shows a strong understanding of personal emotions, can express them clearly, and actively seeks feedback for improvement.
- **Medium Score:** Demonstrates some self-awareness but may struggle with consistent expression of emotions or seeking feedback.
- **Low Score:** Has difficulty identifying and articulating personal emotions, rarely seeks feedback for improvement.

## Self-regulation:

**You Scored: 140**

- **High Score:** Effectively manages emotions, stays composed in challenging situations, and handles stress well.
- **Medium Score:** Demonstrates some emotional regulation but may occasionally struggle with composure or stress management.
- **Low Score:** Struggles with emotional control, often loses composure, and finds it challenging to manage stress.

## Empathy:

**You Scored: 140**

- **High Score:** Accurately understands and responds with compassion to others' emotions, actively seeks diverse perspectives.
- **Medium Score:** Shows empathy but may have occasional challenges in responding compassionately or understanding different viewpoints.
- **Low Score:** Lacks empathy, often misinterprets or ignores others' emotions, and rarely considers different perspectives.

## Social awareness:

**You Scored: 140**

- **High Score:** Effectively gauges the collective emotional state, adapts behavior to social expectations, and appreciates diverse cultural nuances.
- **Medium Score:** Demonstrates social awareness to some extent but may struggle with consistent adaptation to different social contexts.
- **Low Score:** Lacks awareness of social dynamics, resists adapting behavior to social expectations, and disregards cultural nuances.



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