

EMOTIONAL INTELLIGENCE GROWTH CHART

Employee Name: _____ Date: _____ Quarter: Q _____

EQ Domain	Competency Focus	Current Level (1-5)	Development Goal
Self-Awareness	Recognizing emotions and their impact on performance.		
Self-Management	Emotional self-control and adaptability to change.		
Social Awareness	Empathy and organizational awareness.		
Relationship Management	Conflict management, influence, and teamwork.		

Action Plan & Reflections