

EMOTIONAL INTELLIGENCE GROWTH ASSESSMENT

Professional Development Tracking Sheet

Employee Name:

Review Period:

I. Self-Awareness

Emotional Literacy

Recognizing triggers and physiological responses.

II. Self-Management

Impulse Control

Maintaining composure during high-pressure deadlines.

Adaptability

Openness to feedback and pivoting strategies.

III. Social Awareness

Empathy

Understanding perspectives of diverse team members.

IV. Relationship Management**Conflict Resolution**

Navigating disagreements toward productive outcomes.

Influence

Inspiring others and building consensus.

Key Growth Objectives for Next Quarter

Confidential Internal Document – For Personal & Professional Growth Purposes Only