

# Emotional Intelligence Quiz

“Research from Harvard Business School demonstrated that EQ counts for twice as much as IQ and Technical Skills in determining who will be successful!”

Our Emotional Intelligence quiz describes situations that we all experience in our lives (like being given difficult feedback). Be as honest as possible when answering the questions as that will provide you with the most accurate assessment of your level of [Emotional Intelligence](#). Once you have taken the quiz, you will receive your results as well as recommendations on how you can manage your emotions and connect more skillfully with others.

<https://www.ihhp.com/free-eq-quiz/>

From the Institute of Human Health and Potential