


genos Emotional Intelligence

OVERVIEW:

Genos Emotional Intelligence is a model and assessment tool designed to measure and develop emotional intelligence (EI) in individuals and organisations. Developed by Dr. Ben Palmer and his team, Genos EI focuses on how effectively individuals perceive, understand, and manage their own emotions, as well as how they perceive, understand, and influence the emotions of others.

The Genos model of EI is based on six key competencies:

1. **Emotional Self-Awareness:** The ability to recognise and understand your own emotions and their impact on your thoughts and behaviour.
2. **Emotional Expression:** The ability to express your emotions appropriately and effectively in different contexts.
3. **Emotional Awareness of Others:** The ability to recognise and understand the emotions of others, and to empathise with their perspectives.
4. **Emotional Reasoning:** The ability to use emotions to facilitate thinking and problem-solving.
5. **Emotional Self-Management:** The ability to manage your own emotions, including controlling impulses, adapting to change, and maintaining a positive outlook.
6. **Emotional Management of Others:** The ability to manage the emotions of others, including inspiring and influencing them towards a common goal.

The Genos Emotional Intelligence assessment measures an individual's performance against these competencies, providing them with a detailed report that highlights their strengths and areas for development. This feedback can be used to create personalised development plans to enhance emotional intelligence skills.