**TEST**

**EMOTIONAL INTELLIGENCE**

1. Define and explain the four key components of Emotional Intelligence (EI) as proposed by Daniel Goleman. Illustrate each component with a practical example of how it might be applied in everyday life?
2. Which of the following best represents a core aspect of Emotional Intelligence ? Explain your choice.

a) Ability to solve complex puzzles

b) Capacity for active listening

c) Proficiency in scientific research

d) Skill in competitive sports

3. Statement: High emotional intelligence is irrelevant to conflict resolution in personal relationships. True/False. Explain your reasoning.

4. "Identify the barriers that might hinder you from speaking up in work meetings, from an emotional intelligence viewpoint. What approaches could you use to overcome these challenges and become more actively engaged in team discussions?"