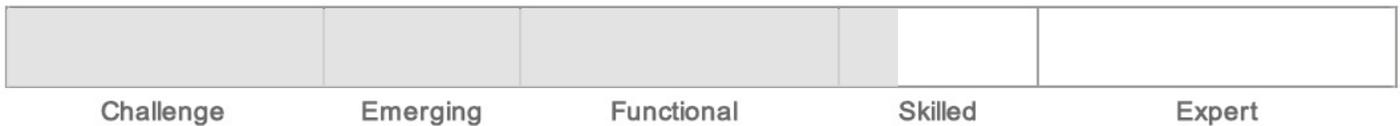


Effectiveness

When you took the SEI, you answered questions about how you make decisions and enroll others in achieving your goals. Effectiveness means accomplishing important results efficiently.

Are you accomplishing most of the important goals you set? Do you have a clear enough picture of your priorities to focus your time and energy on the essential tasks?

Your current score



Your goal

Where you would like to see this score in 90 days? What will be different when you do so?

Your AI Insights

To improve effectiveness, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:

<h3> Increase Empathy</h3> <p> Am I considering how my decisions influence others to get better results?</p> <p> To what degree am I noticing others' feelings & supporting them to feel capable?</p> <p> If I were coaching myself to accomplish my current priorities: What would I notice about my own feelings and needs?</p>	<h3> Navigate Emotions</h3> <p> Am I setting myself up for success by creating the "right" emotional conditions?</p> <p> How strongly can I create feelings that energize and focus me on my priorities?</p> <p> When I get "in reaction" I am probably not using my energy well. I can generate a new feeling to re-engage.</p>	<h3> Engage Intrinsic Motivation</h3> <p> How much energy / excitement do I have about the items I need to work on?</p> <p> Am I linking my current tasks to what really energizes & motivates me?</p> <p> How can I use my strength to influence others to build their internal motivation so we can be more effective together?</p>
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Relationships

On the SEI, you answered questions about building and maintaining positive interpersonal and professional connections.

Are you effectively building strong, mutually supportive alliances? What would happen if you expanded this effort and could draw even more energy & support from those relationships?

Your current score



Your goal

Where you would like to see this score in 90 days? What will be different when you do so?

Your AI Insights

To improve relationships, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:

Navigate Emotions

 Am I generating feelings that will help me be open and supportive?

 What do I want others to feel? Am I supporting that through my own feelings?

 I can create emotions that inspire positive interactions and help me connect with others

Enhance Emotional Literacy

 Am I sending emotional signals to others that tell them to connect?

 How clearly am I identifying feelings that help me relate to others?

 Consider emotions like clues, or hints, of how to better connect with others.

Exercise Optimism

 To improve my close relationships: Am I looking at all the options?

 What opportunities are there to better relationships with people in my network?

 Notice when my internal voice is saying "this will never change" & see what happens if I change to, "this hasn't changed YET."





Quality of Life

The SEI includes questions about your overall view of your satisfaction and achievement; Quality of Life is about creating true happiness from a life well lived.

Are you feeling grateful and accomplished most days? As you look at your appreciation of the life you're living... how can you help others feel that near-bliss of a life-well-lived?

Your current score



Your goal

Where you would like to see this score in 90 days? What will be different when you do so?

Your AI Insights

To improve quality of life, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:

Exercise Optimism

 Am I looking at life through a lens of optimism? What happens if I do that more?

 Am I appreciating my own effort that I'm putting into my achievements?

 Focus on what is going well, on what is going better, on the things that are moving in the right direction. Expand these.

Engage Intrinsic Motivation

 What gives me energy? What's the best way I can "spend" it?

 Where am I wasting energy or draining my internal motivation?

 Am I pursuing the things that are truly important to me, that are "deal breakers" in the way I want to experience my life?

Pursue Noble Goals

 Am I pursuing goals that meet my own core needs while also helping others?

 What would my level of achievement be if I lived my goals every day?

 Looking back at my day: What are some ways I was a role model of my own purpose? How does it feel to recognize those moments?





Wellbeing

The SEI asked you about your balance and health; Wellbeing is the capacity to maintain optimal energy and functioning.

In general, do you feel fit, balanced, and energized? Are there a few areas where you'd like to improve? What would it feel like to strengthen your wellbeing?

Your current score



Your goal

Where you would like to see this score in 90 days? What will be different when you do so?

Your AI Insights

To improve wellbeing, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:

Exercise Optimism

 If I were stronger & healthier, what changes?

 What are 10 different ways to feel & be better?

 My current challenges in wellbeing are temporary and specific. I am not completely helpless. I want to help myself by ____.

Navigate Emotions

 Am I reacting to emotions or covering them up with unhealthy behavior?

 What emotions do I want to feel to support myself to be balanced and healthy?

 I can remember that all emotions are present for a reason; I don't need to fight with my own feelings, I can peacefully listen.

Enhance Emotional Literacy

 Am I noticing feelings that tell me I'm moving out of balance?

 To what degree am I noticing feelings of being tired or even upcoming burnout?.

 What feelings are connected to feeling vital and energized? Can I find those feelings more often?

