

Emotional Intelligence

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Purpose: This survey will be used to assess the perceived value of this training. Your anonymous and voluntary participation in this survey is important to us. Your feedback will help us ensure we provide training that is valuable to our community.

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

1. What is your Rank?

Enter your answer

2. What is your AFSC?

Enter your answer

3. The presenter was well prepared and organized.

Strongly agree

Agree

Neither agree nor
disagree

Disagree

Strongly disagree

4. This material was presented in a way I can understand.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

5. I will be able to use what I learned from this program.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

6. How likely is it that you would recommend Emotional Intelligence program to colleague(s)?

Very likely Somewhat likely Neither likely nor unlikely Somewhat unlikely Very unlikely

7. Are there any concepts from the training that you found difficult to understand?

- I found most concepts difficult to understand.
- Many concepts were difficult to understand.
- Some concepts were challenging to understand.
- I struggled with a few concepts, but mostly understood.
- I understood everything clearly.

8. Please provide examples of content that were hard to understand.

Enter your answer

9. Pre-test: For the following items, think about how you would rate yourself prior to your training.

	Strongly disagree	Disagree	Neutral	Strongly agree	Agree
I have the skills needed to effectively lead others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can connect with people on an emotional level to better understand them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a hard time trusting others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am an effective problem solver.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I cope well with stress at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I notice how my mood impacts my thinking and/or behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am burned out because of my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I recover quickly from an emotionally challenging situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not handle change well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel engaged at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Neutral	Strongly agree	Agree
I communicate clearly and effectively with difficult audiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel equipped to handle difficult conversations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Post-test: For the following items, think about how you would rate yourself now.

	Strongly disagree	Disagree	Neutral	Strongly agree	Agree
I have the skills needed to effectively lead others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can connect with people on an emotional level to better understand them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a hard time trusting others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am an effective problem solver.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I cope well with stress at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I notice how my mood impacts my thinking and/or behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am burned out because of my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Neutral	Strongly agree	Agree
I recover quickly from an emotionally challenging situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not handle change well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel engaged at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I communicate clearly and effectively with difficult audiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel equipped to handle difficult conversations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. How often do foresee yourself applying the skills or knowledge gained?

- Never
- Rarely
- Sometimes
- Usually
- Always

12. What measurable outcomes do you foresee improving as a result of applying Emotional Intelligence training: (Select all that apply)

- High connectedness
- High morale

Supportive leadership (Unit Leader/ NCO SEL/ Immediate Supervisor)

Motivated leader (Unit Leader/NCO SEL)

13. In which area(s) would the training help you the most in your current job? (Select all that apply)

Leadership

Difficult conversations

Effective communication

Problem solving

Healthy relationships

Stress management

Motivated leader

Building resilience

Team building

Decision making

14. From your perspective, what are the most significant barriers to applying emotional intelligence skills in the workplace? (Select up to 3)

Workload pressure due to time restraints

Difficult applying EQ in high-stress situations

Work-life balance

Experiencing stress and burnout

Lack of unit/colleague/leadership support

Lack of team building

15. If there was one thing you could change about your organization's culture, what would it be?

Enter your answer

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