



SEI Sample Report

The SEI provides a detailed report with over 20 pages of interpretation and development suggestions.

The report begins with a simple introduction to the model and an explanation of how to use the report. A brief excerpt of the 22+ page report is show here.

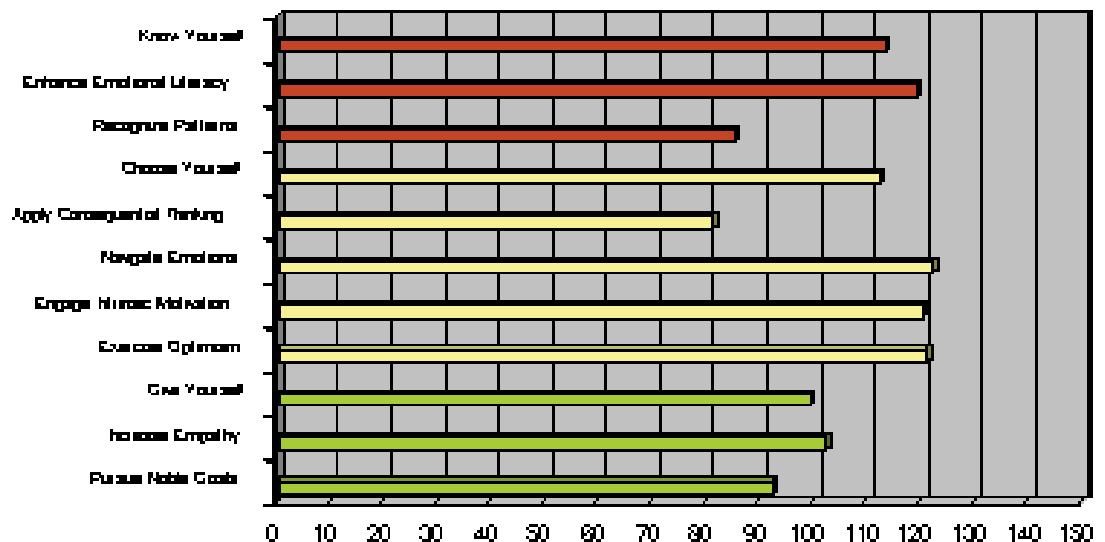
The SEI scores fall into five normed performance bands.

SCORES:

Scores on the SEI are reported in five categories:

- Vulnerable (0-70): This area may be an obstacle for you to meet your goals; it may be creating personal and professional challenges for you.
- Emerging (71-90): This is an area where you are showing some development of skills and awareness, and it may be helpful to continue to develop.
- Functional (91-110): In most situations your skills are serving you well in this area; you may wish to develop here.
- Skilled (111-130): This is probably a valuable strength for you to leverage.
- Expert (131-150): You appear to have unique ability in this area.

This quick overview shows relative strengths and weaknesses.



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INTERPRETATION

KNOW YOURSELF

Know Yourself focuses on self-awareness. In order to use your emotional intelligence to its best effect, a person needs to become more aware of his/her emotions and reactions. Know Yourself includes two fundamentals:

1. Enhance Emotional Literacy
2. Recognize Patterns

1. Enhance Emotional Literacy

Feelings are a complex, multi-layered aspect of every person. Self-awareness helps us identify and label our feelings and recognize the varying levels of intensity. It also helps us begin understand the origins of feelings and the resulting effects. Just as learning to write and read begins with literacy of letters and sounds, learning to interpret and manage feelings begins with emotional literacy.

Importance: Emotional literacy is the basic building block of emotional intelligence. Accurately perceiving and interpreting emotional information is key to using, understanding, and managing feelings.

At work: Emotional literacy is also essential to reading other people's emotions. Moreover, it's a basic prerequisite for using your own emotional intelligence in decision-making, problem solving, and creative invention. Emotions are data, and emotional literacy is the key for decoding. High emotional literacy will help you first to understand yourself, and then relate to employees and customers, understand what drives people, and assist in your ability to inspire and motivate others.

Score: 119

Interpretation:

Skilled. Are you quite insightful about feelings? Your SEI score indicates that you have a strong emotional vocabulary and can make sense of the meanings of these feelings. If this score is accurate, you probably gain insight from feelings, and people see you as someone who has a good understanding of people. You can utilize this insight to communicate about emotions in a highly effective manner, and continue to develop mastery with your own feelings.

The report explains each of the eight competencies.

“Importance” and “At work” help the test-taker see why it matters to develop and use these skills.

The interpretation helps the test-taker reflect on their behaviors and the implications of each score.

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For each competency, there is a general explanation of how to develop in this area.

Around three specific suggestions, activities, or exercises are provided to build new habits.

DEVELOPMENT SUGGESTIONS

Emotional literacy includes recognizing and naming feelings. Emotions are neurotransmitters with specific effects and structures. Each has a unique “signature” with specific effects on your body (such as skin temperature) and on your mind (such as focusing your attention on a problem). Building emotional literacy begins by “tuning in” to the language of emotions.

Ask questions of emotionally literate people to expand your vocabulary and understanding. Ask them to explain their feelings and the physical and mental effects of those feelings so you can better recognize them in yourself.

“The Silent Movie Game.” Make a habit of “people watching,” especially in the company of emotionally literate friends. See if you can guess what people are feeling by observing their facial expressions and body language. This will help you become more aware of the nonverbal signals of feelings and then put labels to those signals.

“Body Scan.” At least five times per day, take six seconds to mentally review your physical state. Pay attention to what you’re feeling physically, starting at your toes and ending at the top of your head. Notice where you feel tense, relaxed, warm, cold, comfortable, or uncomfortable. See if you can notice particular times, events, or activities that correspond with a specific physical state. This will help you become more aware of the link between your emotions and the physical signs and effects of those feelings.

With over 100 items and two self-correcting indices, the SEI is a statistically strong self-assessment tool. Based on the Six Seconds model of emotional intelligence in action, the test focuses on how to develop and apply eight essential competencies.

More information about the SEI
and the Six Seconds Model
are available online: www.6seconds.org/sei/