

Emotional Intelligence of Employed Canadians

Compared to a 2012 study, the emotional intelligence of managers has not increased in the last decade

Self-assessment measures indicate an increase in respondents identified as "challenged" in one or more areas of emotional intelligence

2012



47%

challenged in one or more key areas of emotional intelligence

2022



53%

challenged in one or more key areas of emotional intelligence

Less than

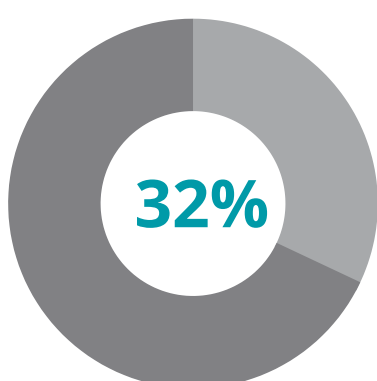
1%

of managers are strong in all domains of emotional intelligence

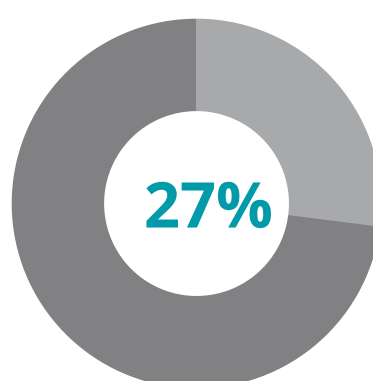


Over 1/4 of Canadians understand the need to improve their skills in understanding and supporting those around them that are stressed

Managers are more confident in this area than non-managers



Managers



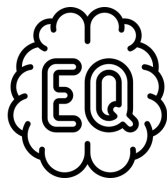
Non-Managers

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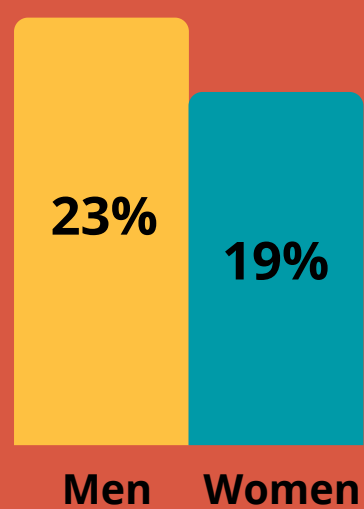
Data retrieved from a sample of 1,803 adult Canadians who are employed between March 4th - 8th, 2022

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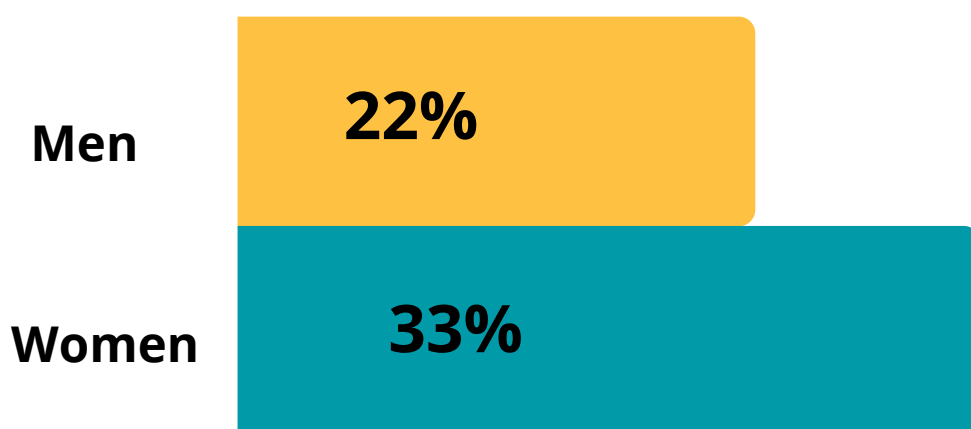
Overall, **self-rated emotional intelligence scores are similar among employed men and women**, though they demonstrate **different areas of strengths and weaknesses**



Men report feeling slightly more competent when it comes to being calm and confident in difficult situations, whereas women scored themselves the lowest in this area



Women indicate being a great listener as their biggest strength



75% of respondents feel they would be more effective if they had a better way to manage stress



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