

Figure 10.8 Emotional Intelligence Questionnaire for Coaches and Athletes

Directions: Think about how you normally feel during practices and competitions and respond to the following statements.

Question	Strongly disagree				Strongly agree
1. I am always aware of the emotions I am feeling.	1	2	3	4	5
2. I understand why I am feeling these emotions when they occur.	1	2	3	4	5
3. I can sense what other people around me are feeling.	1	2	3	4	5
4. I understand why other people around me are feeling certain emotions.	1	2	3	4	5
5. I know how to respond effectively to other people's emotions.	1	2	3	4	5
6. I am confident in my ability to use my own emotions to reach my goals.	1	2	3	4	5
7. I always encourage myself to try my best.	1	2	3	4	5
8. I am capable of controlling my emotions to handle difficult situations.	1	2	3	4	5
9. I can calm down quickly when I'm angry.	1	2	3	4	5

Adapted from C.S. Wong and K.S. Law, 2002, "The effects of leader and follower emotional intelligence on performance and attitude: An exploratory study," *The Leadership Quarterly* 13(3): 243-274.