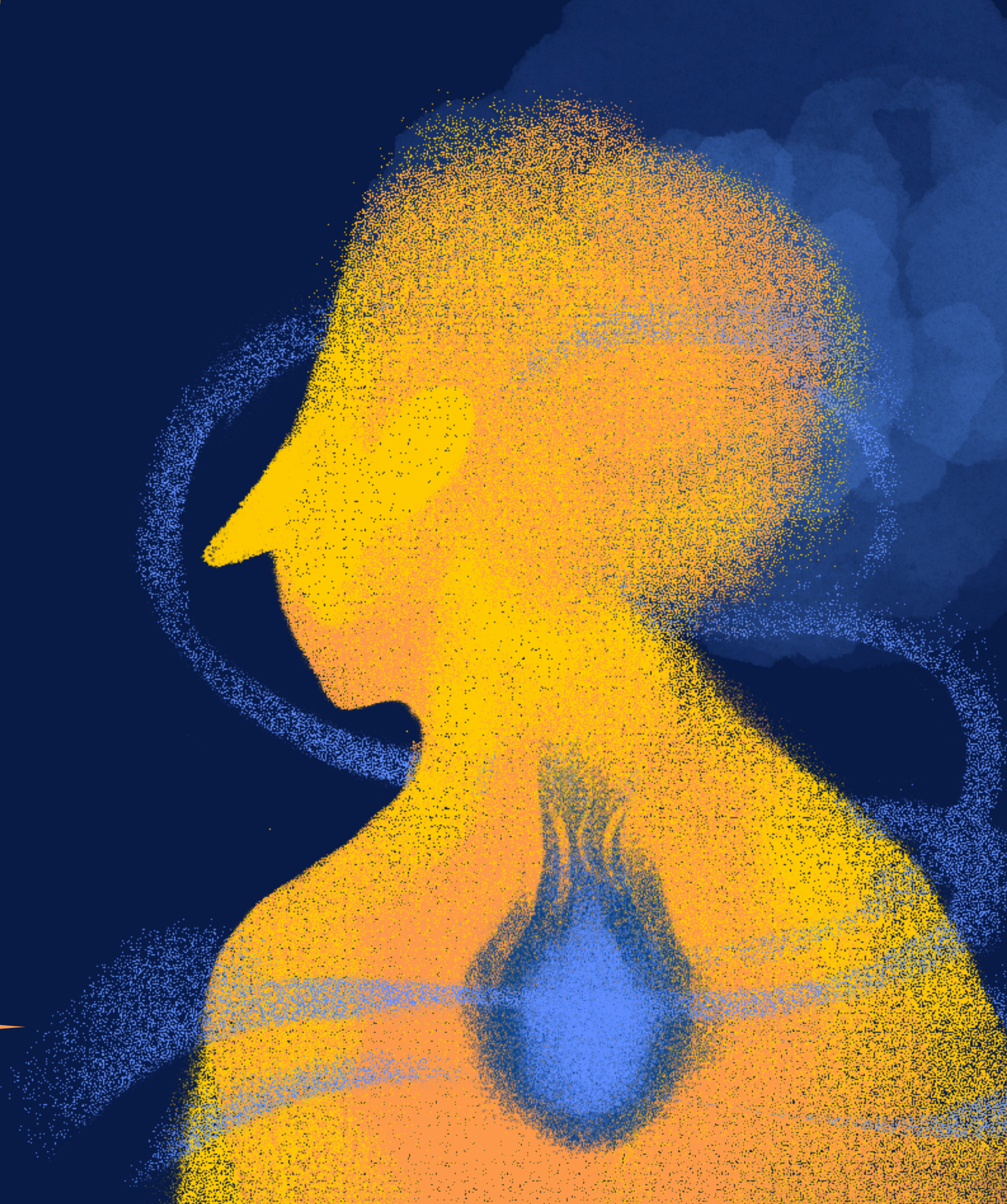




English Law &
Compliance

EQ

Leadership & Teamwork





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**ENGLISH LAW
& COMPLIANCE**





Emotional intelligence (EQ) is just as important. EQ means understanding your own feelings, recognizing how others feel, and getting along well with people.





Today, companies are less hierarchical, and teams often work together across different areas. So, the ability to deal with different personalities, solve disagreements in a positive way, and make people feel safe and comfortable has become a key part of good leadership and teamwork.



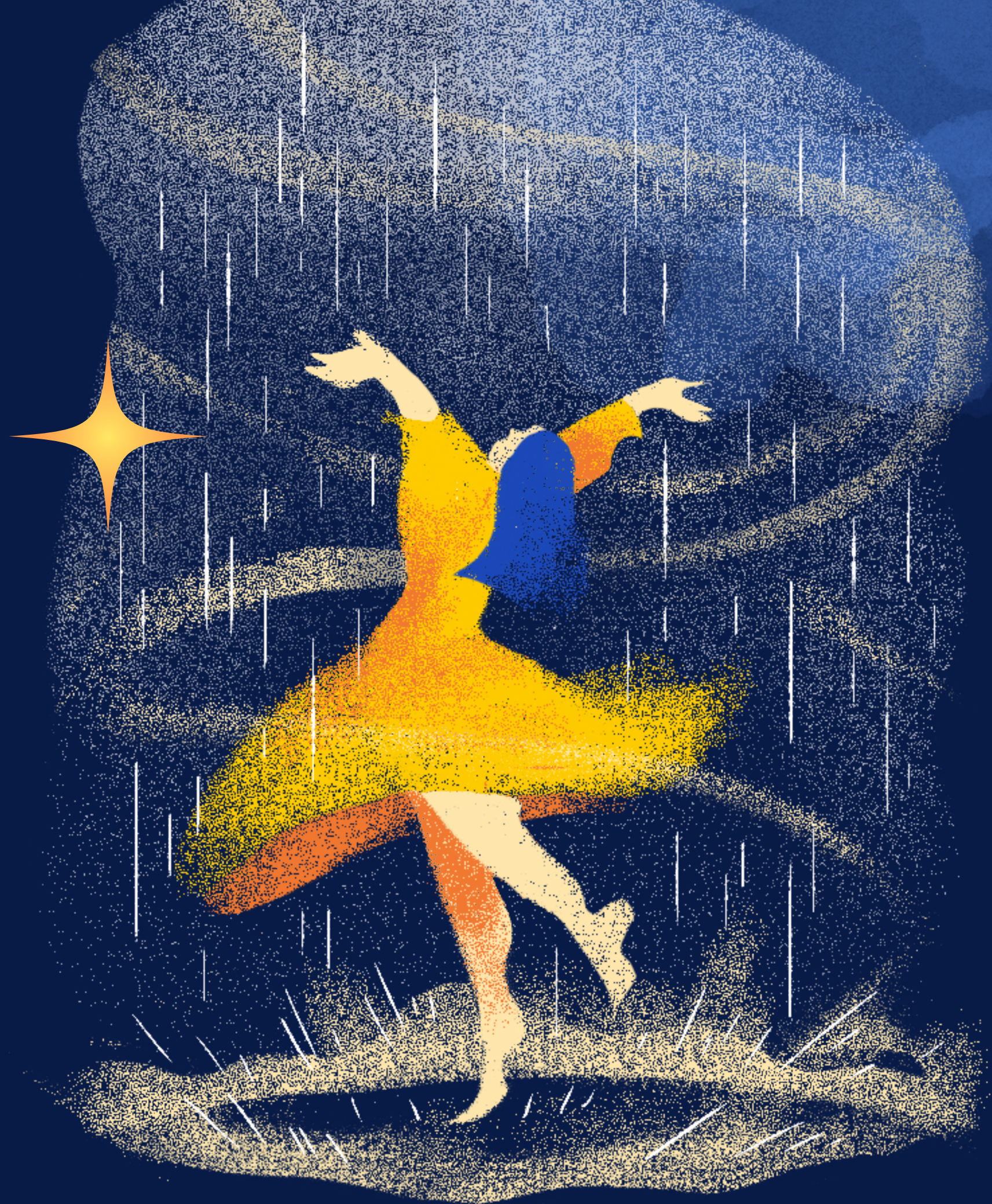


Workers who can control their emotions and understand others well build trust, improve team spirit, and help communication run smoothly between different departments and cultures.





Nowadays, burnout and lack of motivation are big problems that hurt productivity. EQ helps protect against these issues by supporting both personal well-being and a strong united workplace.





Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

1) What does EQ mean according to the text?

1. Understanding only your own feelings
2. Understanding your own feelings, recognizing how others feel, and getting along well with people
3. Being good at math and science
4. Working alone without help



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

2) How are companies today different from before?

1. They are more hierarchical
2. They are less hierarchical, and teams work together across different areas
3. They don't have leaders anymore
4. They only hire people with high IQs



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

3) What is one key part of good leadership and teamwork?

1. Avoiding all disagreements
2. Working in isolation
3. Dealing with different personalities and solving disagreements positively
4. Ignoring other people's feelings



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

4) What do workers with high EQ build?

1. More rules and regulations
2. Trust and team spirit
3. More competition between departments
4. Higher salaries



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

5) What are two big problems that hurt productivity today?

1. Low salaries and long hours
2. Burnout and lack of motivation
3. Too many meetings and emails
4. Lack of technology and old equipment



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

6) How does EQ help with burnout and lack of motivation?

1. It increases the workload
2. It supports personal wellbeing and a strong, united workplace
3. It ignores these problems
4. It replaces human workers with machines



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

7) What does EQ help facilitate across departments and cultures?

1. Competition
2. Communication
3. Confusion
4. Isolation



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

8) According to the text, what kind of environment should leaders create?

1. An environment where people feel scared
2. An environment where people feel safe and comfortable
3. An environment with strict rules and punishments
4. An environment where only leaders speak



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

9) What does it mean to “recognize how others feel”?

1. To ignore other people's emotions
2. To understand and notice other people's emotions
3. To tell others how they should feel
4. To only focus on your own feelings



Choose the best option (a, b, c, or d) to complete each sentence or answer the question.

10) Why is EQ considered a “key part” of good leadership?

1. Because leaders don't need to talk to anyone
2. Because leaders need to control, understand, and connect with people effectively
3. Because leaders should only make decisions alone
4. Because leaders don't need to solve problems



Read each statement and write T (True) or F (False) based on the text.
Correct the false statements.

1) EQ is less important than technical skills.





Read each statement and write T (True) or F (False) based on the text.
Correct the false statements.

- 1) EQ is less important than technical skills.
- 2) EQ means understanding only your own emotions.





Read each statement and write T (True) or F (False) based on the text.
Correct the false statements.

- 1) EQ is less important than technical skills.
- 2) EQ means understanding only your own emotions.
- 3) Companies today are less hierarchical than before.





Read each statement and write T (True) or F (False) based on the text.
Correct the false statements.

- 1) EQ is less important than technical skills.
- 2) EQ means understanding only your own emotions.
- 3) Companies today are less hierarchical than before.
- 4) Solving disagreements in a positive way is not important for teamwork.





Read each statement and write T (True) or F (False) based on the text.
Correct the false statements.

- 1) EQ is less important than technical skills.
- 2) EQ means understanding only your own emotions.
- 3) Companies today are less hierarchical than before.
- 4) Solving disagreements in a positive way is not important for teamwork.
- 5) Workers with high EQ build trust and improve team spirit.





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- 6) Burnout and lack of motivation are not serious problems in the workplace.





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- 6) Burnout and lack of motivation are not serious problems in the workplace.
- 7) EQ helps communication run smoothly across different departments.



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- 8) Leaders should make people feel unsafe and uncomfortable.



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- 8) Leaders should make people feel unsafe and uncomfortable.
- 9) Getting along well with people is part of EQ.



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- 6) Burnout and lack of motivation are not serious problems in the workplace.
- 7) EQ helps communication run smoothly across different departments.
- 8) Leaders should make people feel unsafe and uncomfortable.
- 9) Getting along well with people is part of EQ.
- 10 EQ only benefits individuals, not the whole organization.

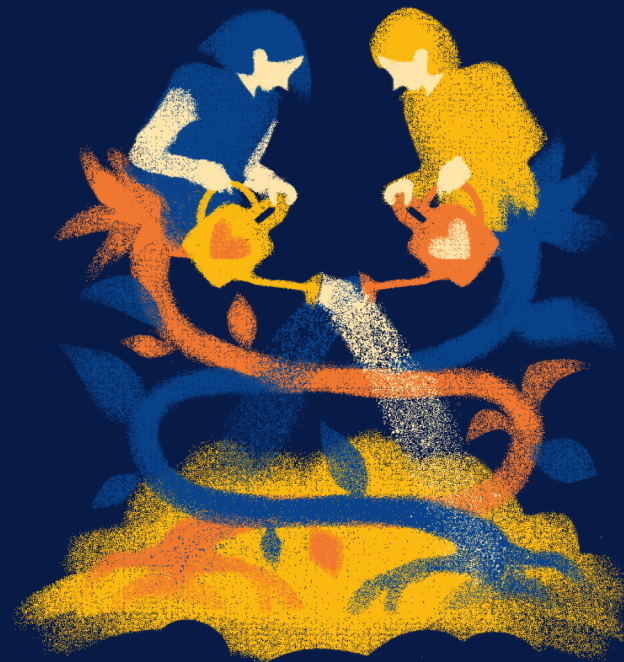
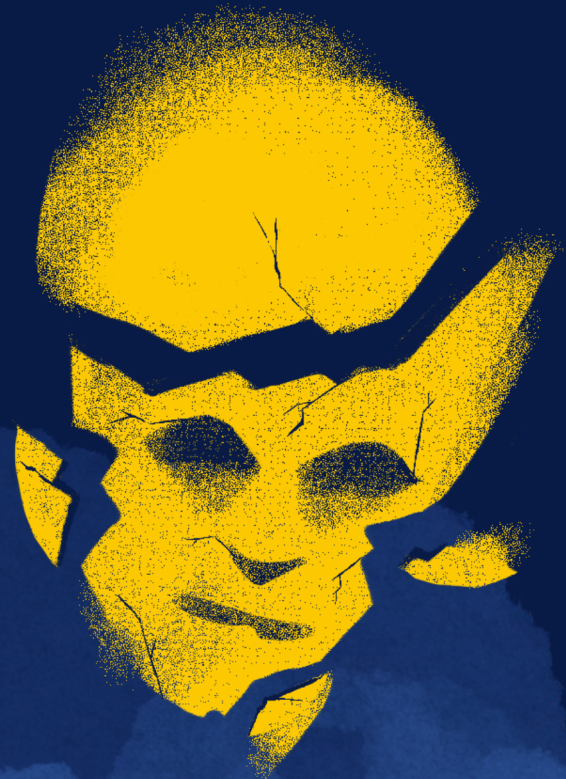




Answer the following questions in your own words
using complete sentences.



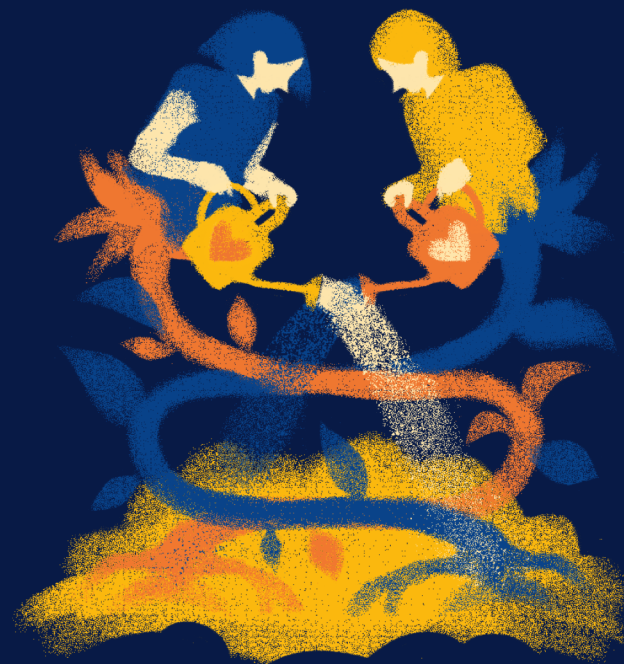
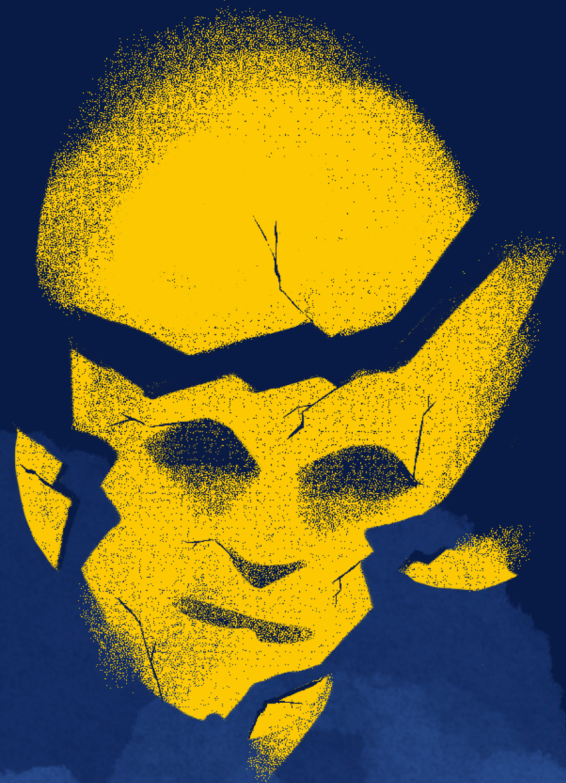
1) What does EQ mean? Write a definition in your own words.





Answer the following questions in your own words
using complete sentences.

2) List the three main components of EQ mentioned in the text.

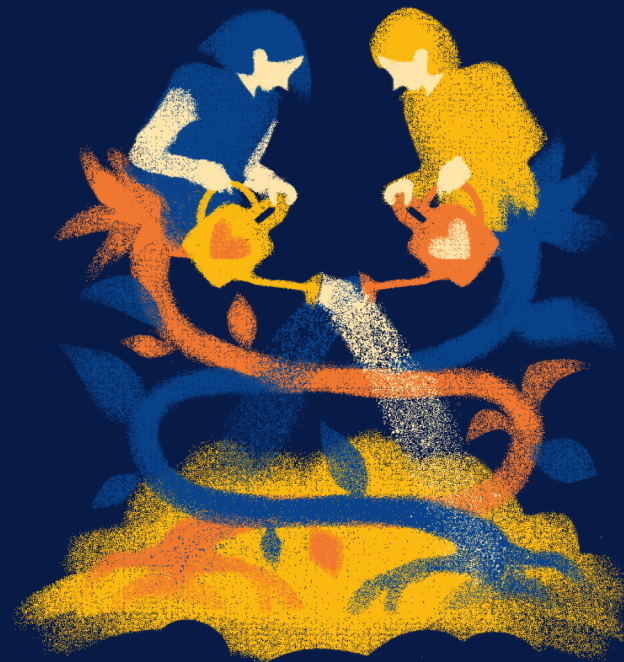
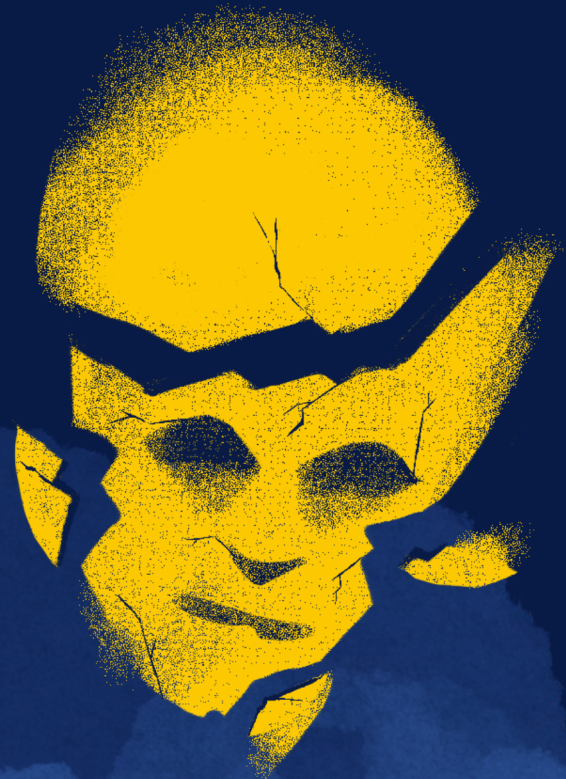




Answer the following questions in your own words
using complete sentences.



3) How are modern companies different from traditional companies?

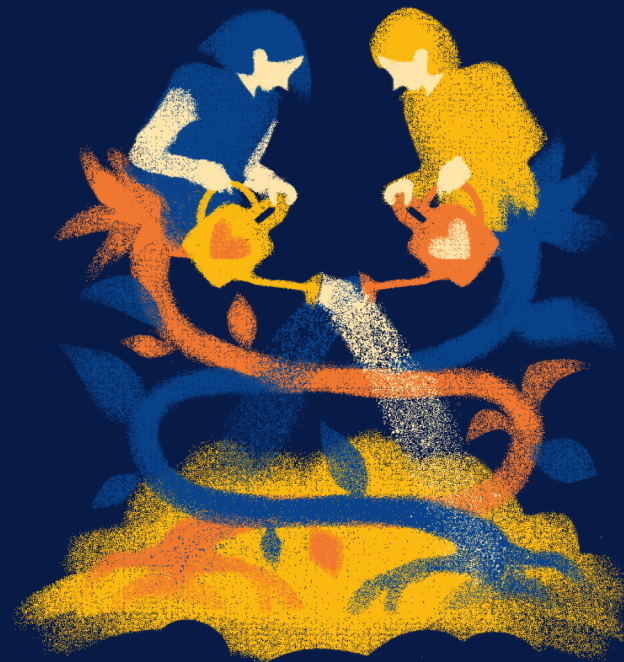
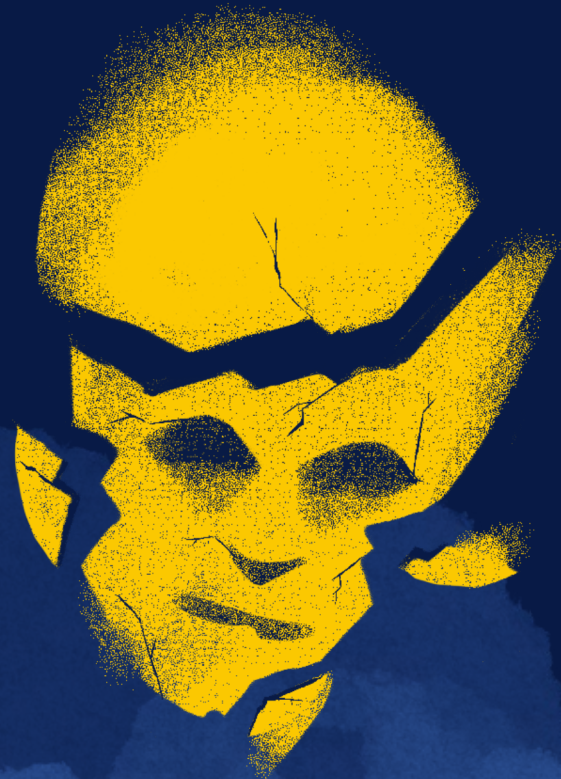




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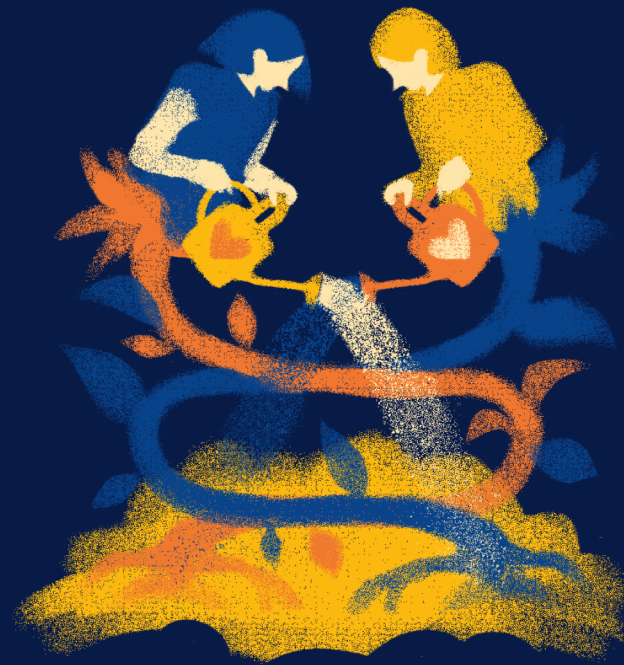
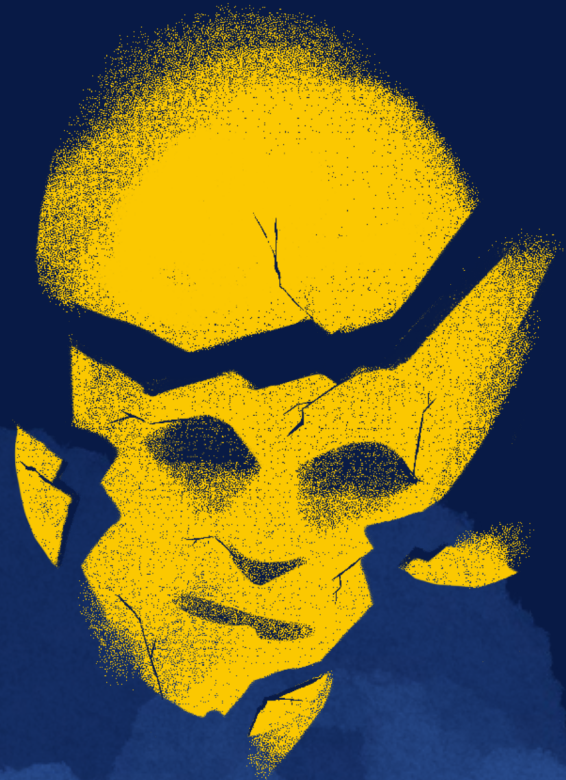
4) Why is the ability to deal with different personalities important in today's workplace?





Answer the following questions in your own words
using complete sentences.

5) What are two benefits of having workers with high emotional intelligence?

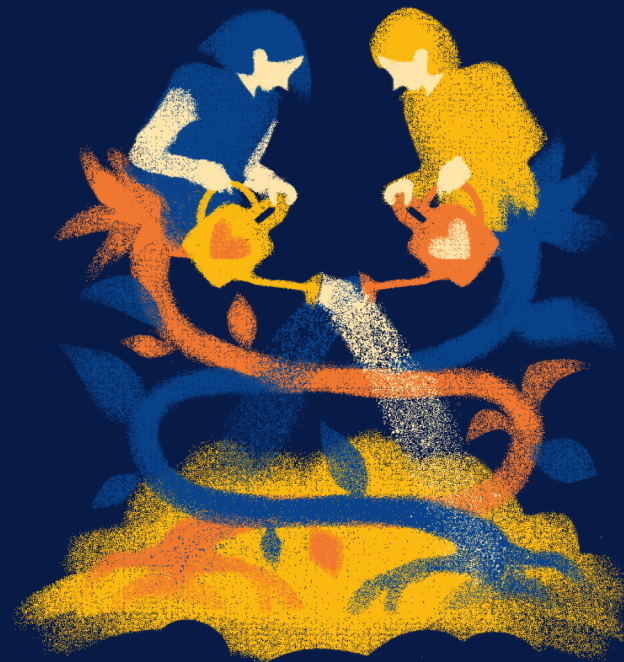
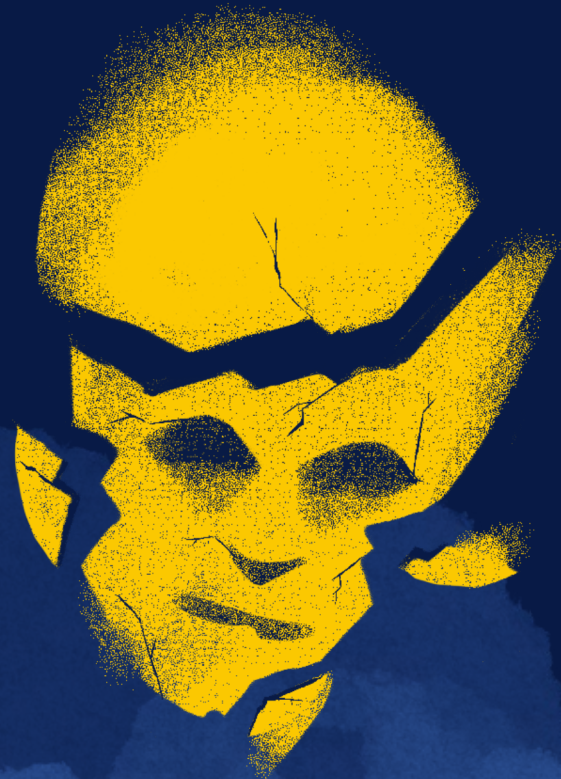




Answer the following questions in your own words
using complete sentences.



6) What two problems does the text mention that hurt productivity?

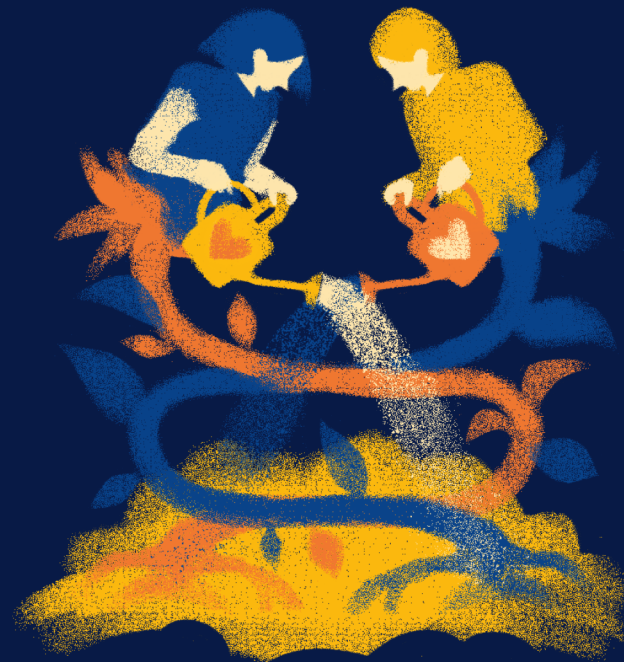
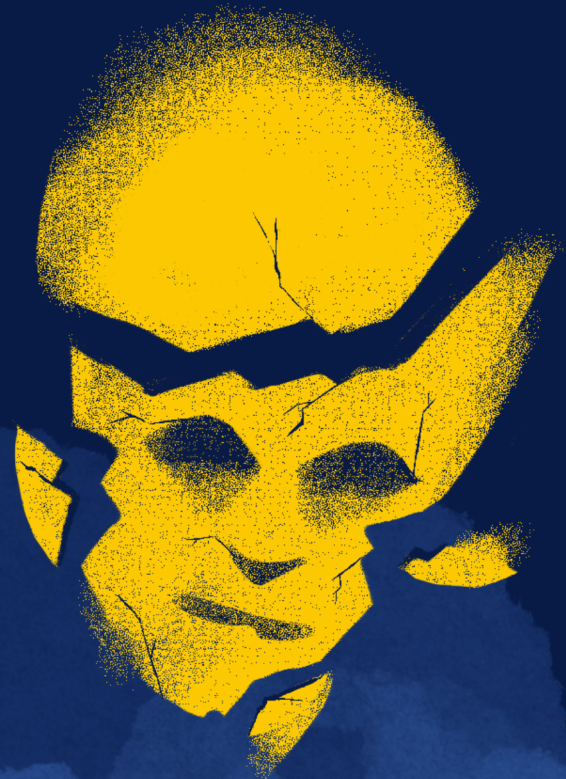




Answer the following questions in your own words
using complete sentences.



7) How does EQ help protect against burnout and lack of motivation?

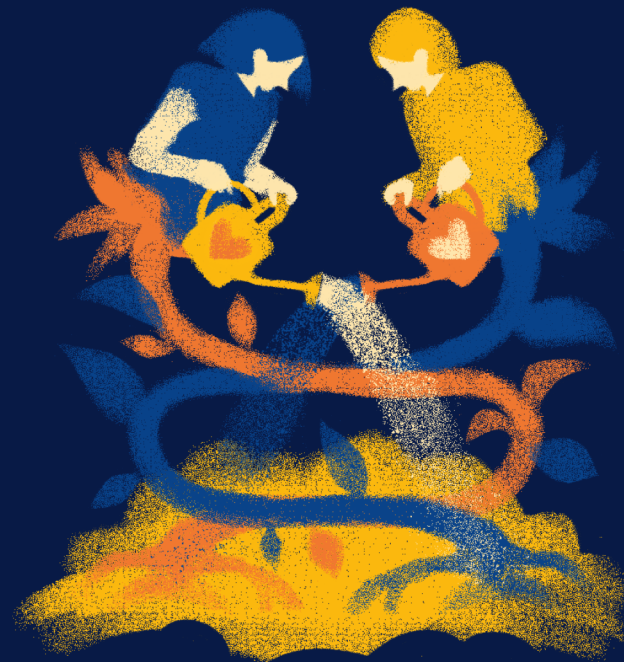
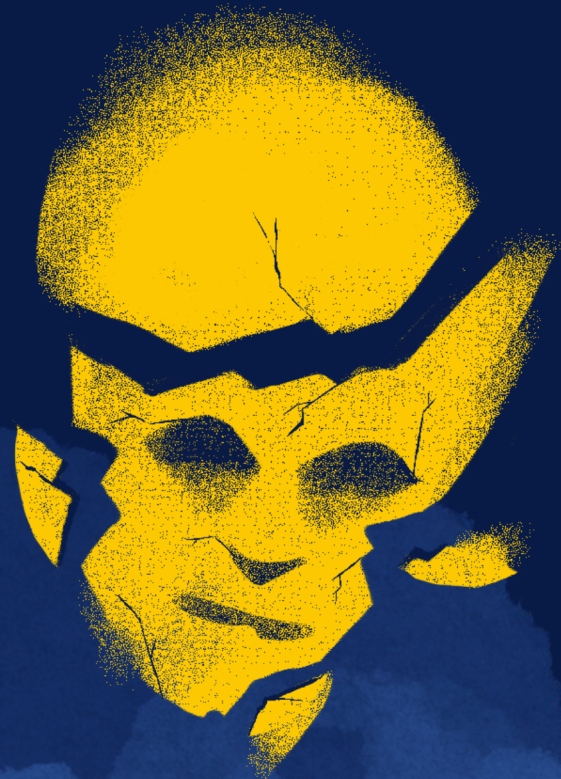




Answer the following questions in your own words
using complete sentences.



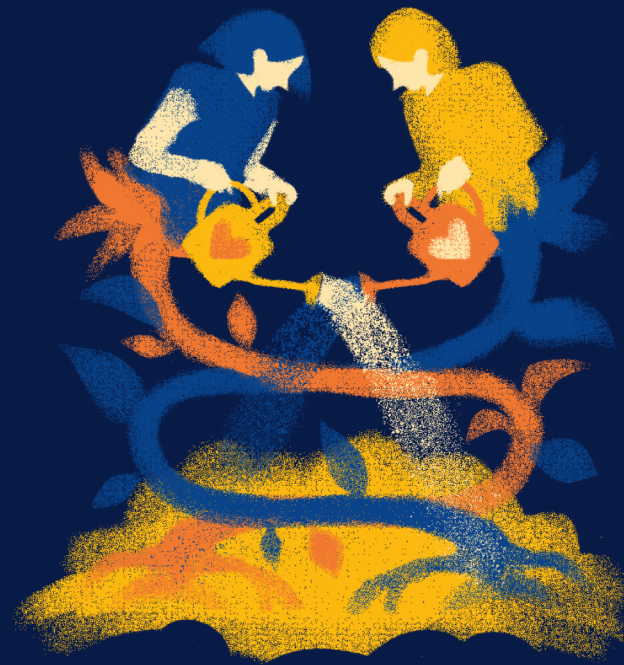
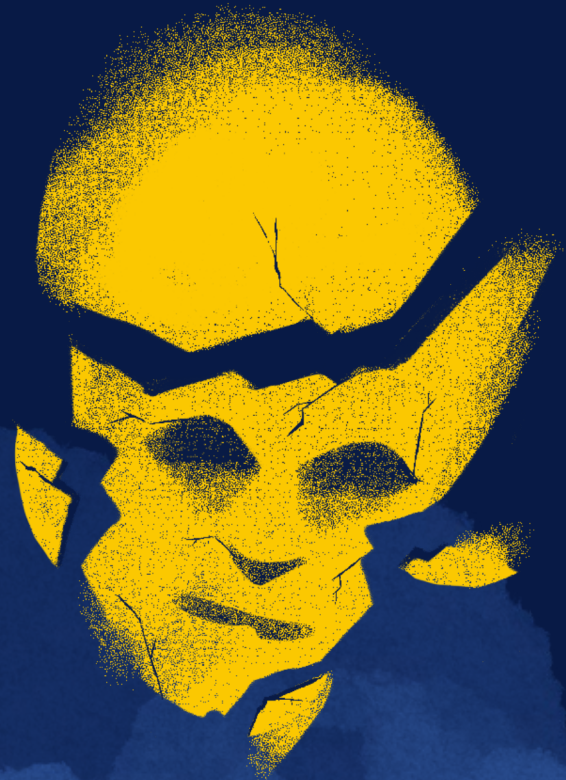
8) Why is psychological safety important in a team?





Answer the following questions in your own words
using complete sentences.

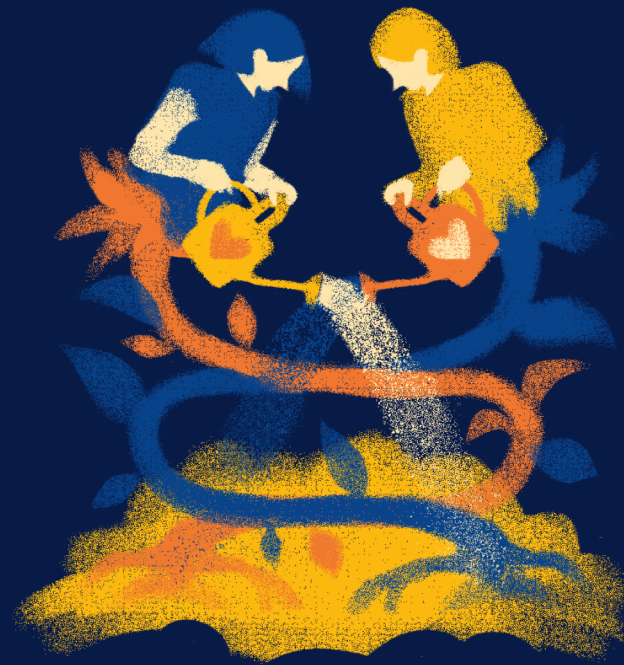
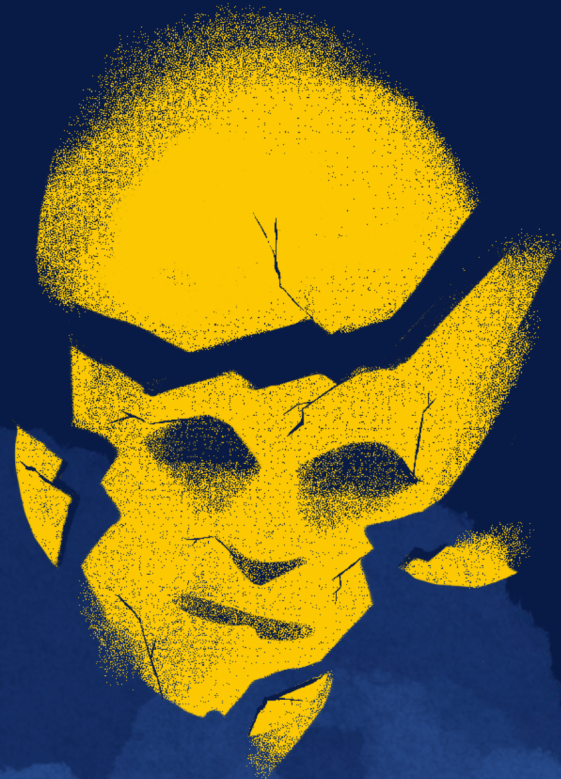
9) How does EQ help with communication between different cultures?





Answer the following questions in your own words
using complete sentences.

10) In your opinion, can EQ be learned and improved? Why or why not?





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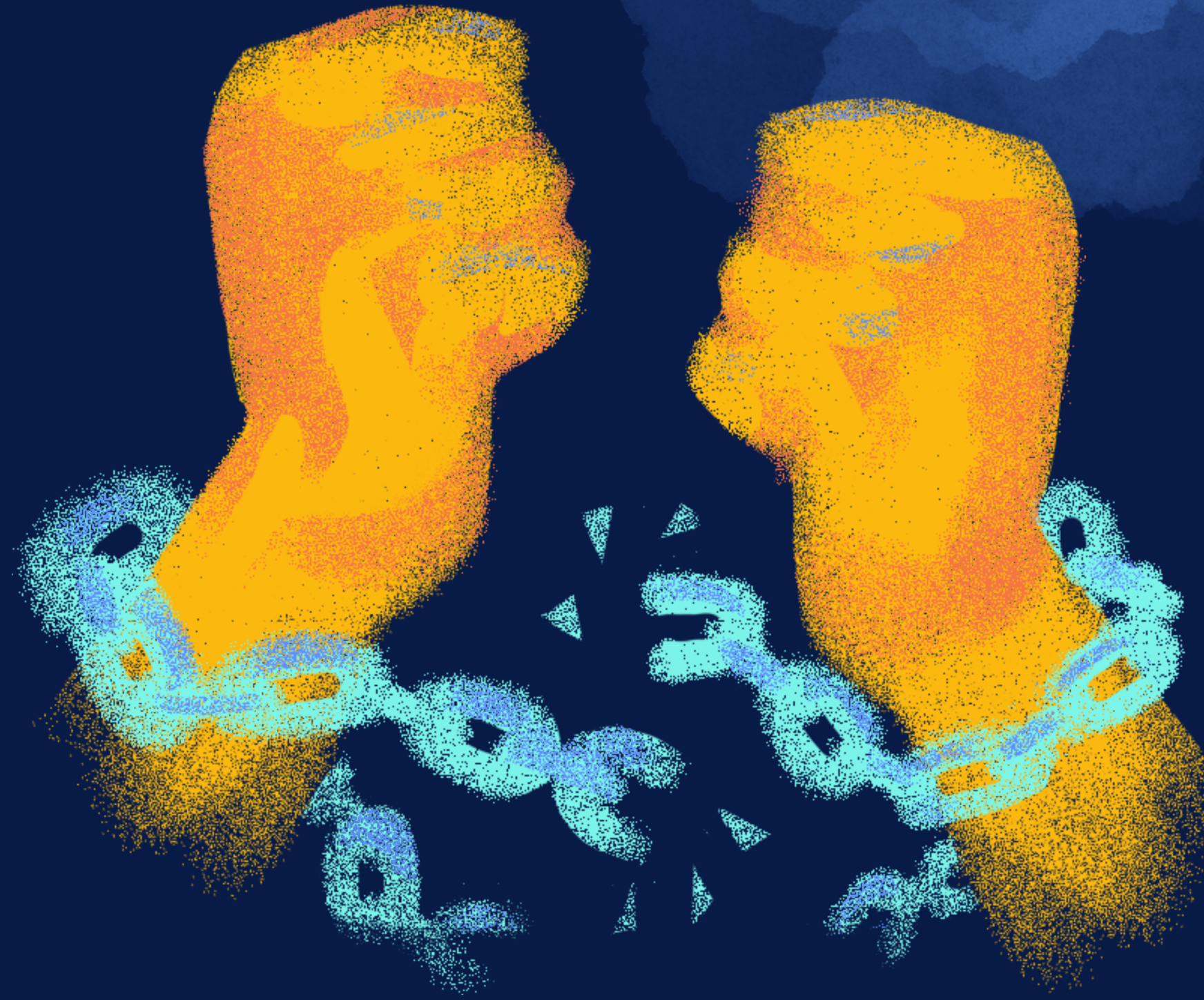




Final Thoughts

Emotional control doesn't mean
ignoring feelings

it means guiding them wisely. When you understand
your emotions, you gain power over your reactions.
With practice, anyone can develop emotional
strength and stability.





Thank You!!!