



Erasmus+



# MENTOR - Mentoring between teachers in secondary and high schools

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# Emotional Intelligence

**North:** Acting – “Let’s do it;”  
Likes to act, try things,  
plunge in.

**West:** Paying attention to  
detail —likes to know the  
who, what, when, where and  
why before acting.



**East:** Speculating – likes  
to look at the big picture  
and the possibilities  
before acting.

**South:** Caring – likes to know that  
everyone’s feelings have been taken  
into consideration and that their  
voices have been heard before acting.

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1 . Which are the strengths of your style of communication?  
( 3 – 4 adjectives )

2 . Which are the limitations of your style of communication? ( 3 – 4 adjectives )

3 . Which style do you think is most hard to work with?

4 . What do people with different styles of communication need to know about themselves to work/collaborate in a positive way?

5 . One aspect you admire in each of the other styles?

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