



What's the difference?

**Emotional
Intelligence &
Cultural Intelligence**



Emotional Intelligence (EQ)

Emotional intelligence (EQ) is the ability to recognise your emotions, understand what they're telling you, and realise how your emotions affect people around you.

It also involves your perception of others: when you understand how they feel, this allows you to manage relationships more effectively.





Cultural Intelligence (CQ)

Cultural intelligence (CQ) is the ability to function effectively in culturally diverse settings by relating to and working effectively with people from different cultural backgrounds.

It goes beyond existing notions of cultural sensitivity and awareness, as with cultural intelligence, you'll know how to strategically use cultural differences to come up with more innovative solutions.



$$IQ + EQ = CQ$$

Cultural Intelligence (CQ) is related to Emotional Intelligence (EQ), but it goes a step further.

People with high EQ pick up on people's feelings, wants and needs, and understand how their own emotions and behaviour affect others. However, they need additional skills if they're to understand the cultural factors at play and adapt their own behavior accordingly.

Developing your CQ allows you to be attuned to the values, beliefs and attitudes of people from different cultures, and to respond with informed empathy and real understanding.