



# Goleman's Four Quadrants

## IQ versus EQ

In professional and technical fields the typical entry-level threshold IQ is 110 to 120. It is generally considered that your IQ, which is largely genetic, will change little from childhood. Since everyone is in the top 10% or so of intelligence, IQ itself offers relatively little competitive advantage.

EQ on the other hand can be learned at any age. Growing your competency in EQ is not easy or quick, as it takes perseverance in the process of critical self-evaluation, commitment to improvement and of course behavioral practice.

It is also important to note, that competence in Emotional Quotient does not necessarily increase with age as you might expect. Some people may learn from life's experiences, but many do not. [Click here](#) to learn more about increasing your EQ from Maetrix.

