

Experiential Intelligence (XQ)

Experiential Intelligence is the combination of mindsets, abilities, and know-how gained from your unique life experience that empowers you to achieve your goals



Experiences →	Mindsets	Abilities	Know-How
What experiences have had the greatest impact on you?	What beliefs did you internalize from these experiences?	What personal competencies did your experiences help you develop?	What knowledge or skills did your experiences help you develop?