



*Grow,
Sustain &
Survive
with 10Qs*

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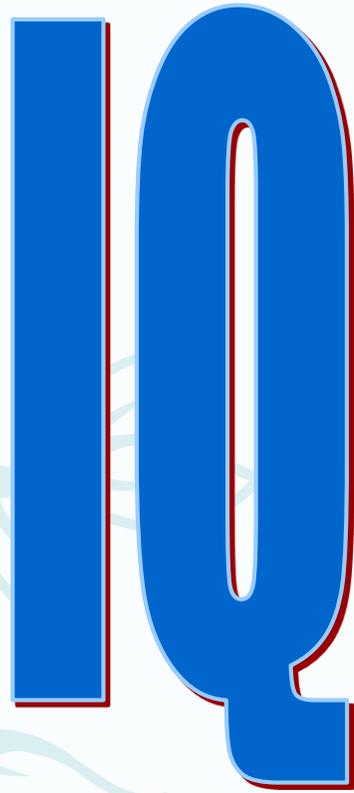
Questions to be answered...

- ❖ What are the challenges for us to **Grow, Sustain and Survive?**
- ❖ What could be the obstacles and/or hindrances?



10Qs: The Multidimensional Intelligences

Officers must develop the **10Qs : IQ, EQ, RQ, SQ, MQ, AQ, VQ, LQ, PQ and BQ** in a balanced manner in order to cope up with the challenges and multi-dimensional tasks in acquiring knowledge and skills in order to grow, sustain and survive....



IQ

IQ = Intelligent Quotient

- **ability to digest problem and come up with the right solution**
- **ability to resolve issues effectively and efficiently**
- **knowing our job 'inside out/outside in'**

The letters 'EQ' are rendered in a large, bold, blue font with a red outline. The 'E' is a blocky, sans-serif style, while the 'Q' is a more rounded, cursive-style font. The background features a light blue floral pattern of leaves and branches on the left side.

EQ

EQ = Emotional Quotient

- **ability to work and perform under pressure**
- **resolve conflict**
- **cope with challenges**
- **respecting ourselves and others**

[Daniel Goleman]



RQ

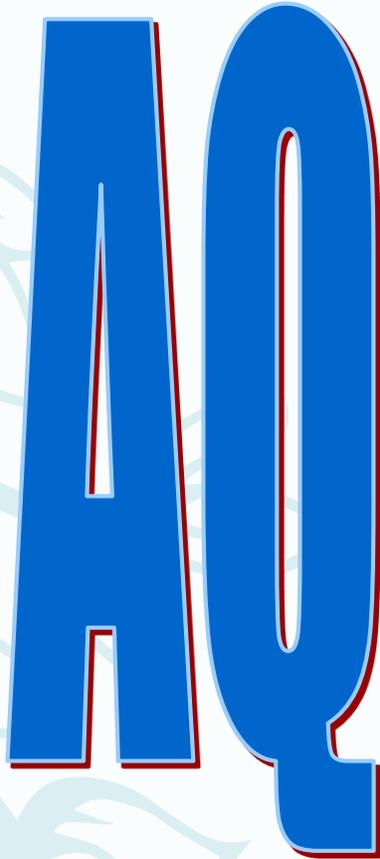
RQ = Religious Quotient

- **spiritual aspect being part of life/career**
- **basis of values, judgement, ethical, morality; right and wrong**
- **personal integrity**



SQ = Social Quotient

- **ability to act wisely in human relations**
- **accepting the diversity surrounding us**
- **social sensitivity, social insight & social communications (E.L Thorndike)**

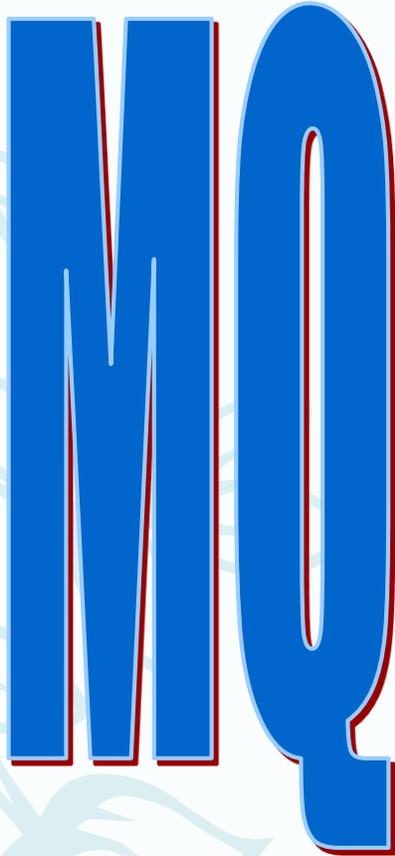
The letters 'AQ' are rendered in a large, bold, blue font with a thin red outline. They are positioned on the left side of the slide, partially overlapping a decorative background of light blue leaf patterns.

AQ

AQ = Adversity Quotient

- **science of human resilience**
- **people who perform optimally in the face of adversity**
- **people who learn from challenges and respond in a better and faster way**

[Paul G. Stoltz]



MQ

MQ = Motivation Quotient

- **how to cope with opportunities and obstacles in life**
- **'can do' vs 'will/want to do'**

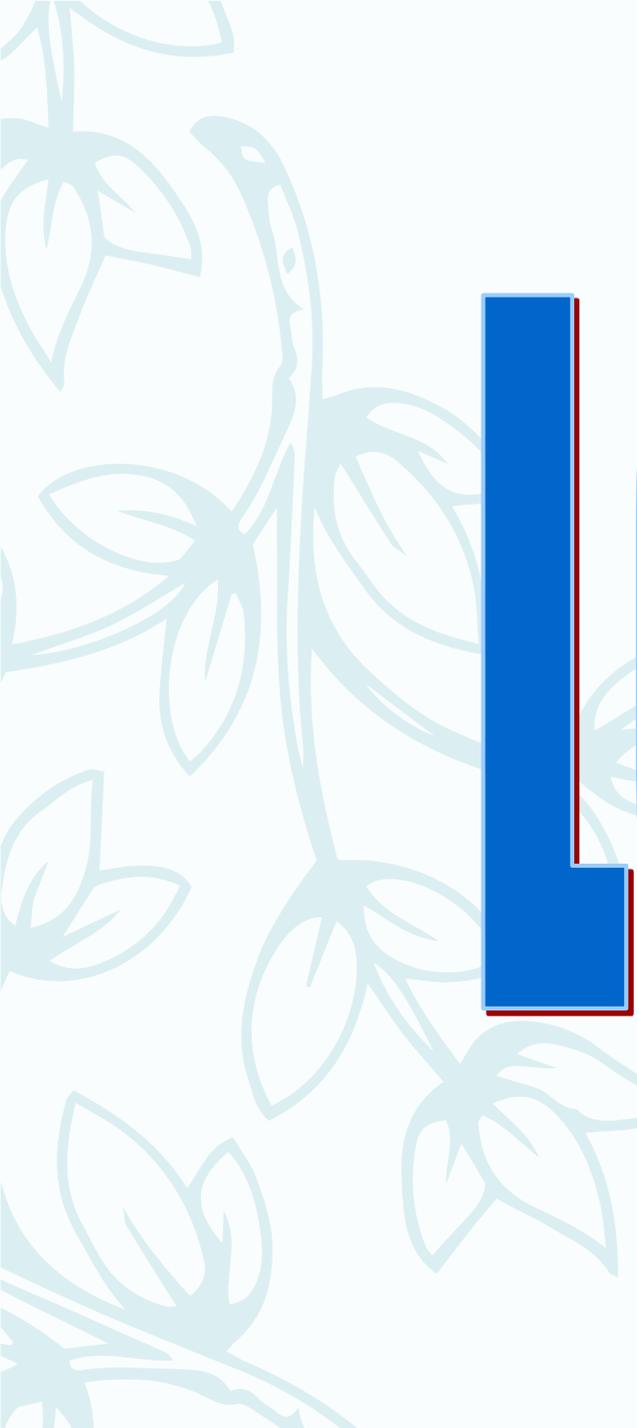
(Friedland & Marcus)



VQ

VQ = Verbal Quotient

- **ability to comprehend message and responding verbally in an effective manner**
- **Interpersonal communication skills**
(Wechsler)



LQ

LQ = Loyal Quotient

- **level of loyalty, trustworthiness**
- **to our religion, society and nation**
- **to our University!**



PQ

PQ = Physical Quotient

- **physical fitness; bodily & mentally healthy**
- **attractive appearance**
- **pleasant personality**



BQ

BQ = Balance Quotient

- **ability to balance between work and personal life**
- **personal growth**
- **career, family, love etc**



**Let's Grow, Sustain & Survive
with the 10Qs!**

Thank You!