

EMOTIONAL INTELLIGENCE IN LEADERSHIP

Professional Development in your Pocket

"No doubt emotional intelligence is more rare than book smarts, but my experience says it is actually more important in the making of a leader. You just can't ignore it."
– Jack Welch

Emotional intelligence (EI or EQ for "emotional quotient") is a hallmark of effective leadership.

Research shows leaders with high EI foster stronger relationships, exhibit measured decision-making skills and facilitate positive work environments.

By developing your emotional intelligence, you'll enhance leadership effectiveness and drive team success.



EI Fast Five

1. Psychologists often recognize "self-awareness" as the foundation of EI. In general, self-aware leaders make more balanced decisions and build trust with their teams.
2. Empathy improves team dynamics and strengthens relationships.
3. Refining social skills can enhance communication and influence. Strong interpersonal skills help leaders navigate complex situations.
4. Emotion regulation often improves decision-making. Leaders who manage their emotions are less likely to make impulsive decisions.
5. EI can be developed and improved over time.

Solutions in a Snap

- Practice mindfulness to increase self-awareness
- Use active listening techniques to improve empathy
- Pause and reflect before reacting
- Seek feedback on your leadership style regularly

Action Item

Focus on one aspect of EI. Keep a daily journal of your emotions and interactions, noting patterns and areas for growth. Reflect on how this awareness impacts your leadership decisions.