

EMOTIONAL INTELLIGENCE FOR LEADERS

Increasingly there is keen awareness by both the scientific and business community that poor social skills and the lack of self-management skills account for more derailed careers than the lack of know-how. Developing your emotional intelligence (EQ) will serve you well in the workplace and in life.

You know you have emotional intelligence when . . .

...You complain less; you simply observe and provide direct and respectful feedback that supports continued development and learning.

...You no longer compare others to yourself and dwell on their shortcomings; you've trained yourself to focus on the good to foster connection and inspire motivation.

...You listen for content and emotions and show empathy in an attempt to understand the feelings of others and their view of the world.

...You stay emotionally balanced and positive most of the time; you've learned how to handle your triggers and stress in a healthy manner for optimal performance.

...You have a strong sense of self and are willing to appear more human through self-disclosure, knowing that appropriate sharing can strengthen relationships.

...You have developed a "response plan;" you practice it in advance and engage it when you're suddenly confronted with unexpected loss or anger.

...You don't get defensive when someone criticizes you; you get quiet and focus on listening fully. You're willing to look for grains of truth.

...You know how to lift your mood by giving yourself a positive distraction; i.e. reminding yourself of a funny story or replacing your negativity by planting positive thoughts in your mind.

...You don't let mistakes (yours or others) ruin your day; you know that mistakes provide valuable information for what not to do in the future.

...You've discovered that you can uncover more information when you ask insightful questions instead of being the one that is overly eager to share your opinions.

...You've cultivated the habit to sense when your energy is waning and know how to replenish it right away rather than delaying until you're completely on empty.

...You're in touch with your own passions and take on projects that you love; the amount of time you spend doing what you love feeds your authentic self.

What are you willing to do to upgrade your level of perceptiveness - understanding yourself and others - in order to successfully communicate and relate well with a variety of personality types?

The best of success to you!

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The Savvy Success Coach

P. S. Please visit my new Savvy Success Strategies page on Facebook:

<http://companies.to/savvysuccessstrategies>

If these Savvy Success Tips are of value to you and you'd like to have more support in implementing them to grow your business or yourself

OR you've had similar ideas, but can't seem to get beyond your barriers or blind spots, you could benefit from 1:1 or group Savvy Success Strategies coaching.

<http://www.thesavvysuccesscoach.com>

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