

Leading with Emotional Intelligence Summary

Use these guidelines to help you successfully lead with emotional intelligence.

Component	Description
Self-Awareness	<p>Ability to recognize and understand your moods and emotions and their impact on others.</p> <ul style="list-style-type: none"> • <i>Realistic Self-Assessment</i> is the ability to differentiate between subtleties in one's own emotions and understanding the cause of these emotions and the impact they have on your own thoughts and actions and those of others. • <i>Self-Confidence</i> is respecting yourself while understanding and accepting your strengths and weaknesses.
Self-Regulation	<p>Ability to control or redirect your impulses and/or moods. It's being able to think before you act.</p> <ul style="list-style-type: none"> • <i>Impulse Control</i> is the ability to resist or delay an impulse, or temptation to act. It involves avoiding rash behaviors and decision making. • <i>Stress Tolerance</i> involves coping with stressful or difficult situations and expressing your emotions in an effective manner.
Motivation	<p>Motivation is characterized by a passion to work for reasons that go beyond money or status.</p> <ul style="list-style-type: none"> • <i>Optimism</i> is an indicator of one's positive attitude and outlook on life. It involves remaining hopeful and resilient, even in adverse situations. • <i>Self-Actualization</i> is the willingness to try to improve yourself and engage in the pursuit of personally relevant and meaningful objectives that lead to a rich and enjoyable life.
Empathy	<p>Ability to understand the emotional makeup of other people and treat them in a way that takes their emotions into account.</p> <ul style="list-style-type: none"> • <i>Recognize, Understand and Appreciate How Others Feel</i> • <i>Understand Another's Perspective & Behave in a Way that Respects It</i>
Social Skill	<p>Social Skills is mastering proficiency in managing relationships and building networks.</p> <ul style="list-style-type: none"> • <i>Interpersonal Relationships</i> that are built on trust and compassion. • <i>Flexibility</i> to adapt emotions, thoughts, and behaviors to unfamiliar, unpredictable, and dynamic circumstances or ideas. • <i>Assertiveness</i> is to communicate feelings, beliefs and thoughts openly, and stand up for yourself.