

Checklist for How to Leverage EQ as a Leader

Assess for Ability to:

- ✓ **Practice self-awareness:** Notice how your emotions contribute to your actions. Keep a record of what you are learning and share it.
- ✓ **Listen carefully:** This is surprisingly difficult for some leaders. However, in order to make and sustain more meaningful connections and tailor communication styles to the right People leaders must learn to become a better listener. **The Mantra is: “Tell me more.”**
- ✓ **Be open and embrace conflict:** A leader with a high EQ level is much more likely to problem-solve effectively, rationally rather than run away from conflict.
- ✓ **Make Culture a priority:** Purpose-driven leaders understand what engages and excites employees and work to cultivate an environment that fosters their creativity and engagement.
- ✓ **Define and Separate Job Function from Job Purpose:** Job function is what you do, job purpose is why you do it and what excites you about it.



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For More Information: Robert E. Simpson, Jr., DSW, MPH rsimpsonjr@tldgroupinc.com