

Emotional Intelligence (EQ)

Tip Sheet

5 tips to improve 5 EQ leadership skills



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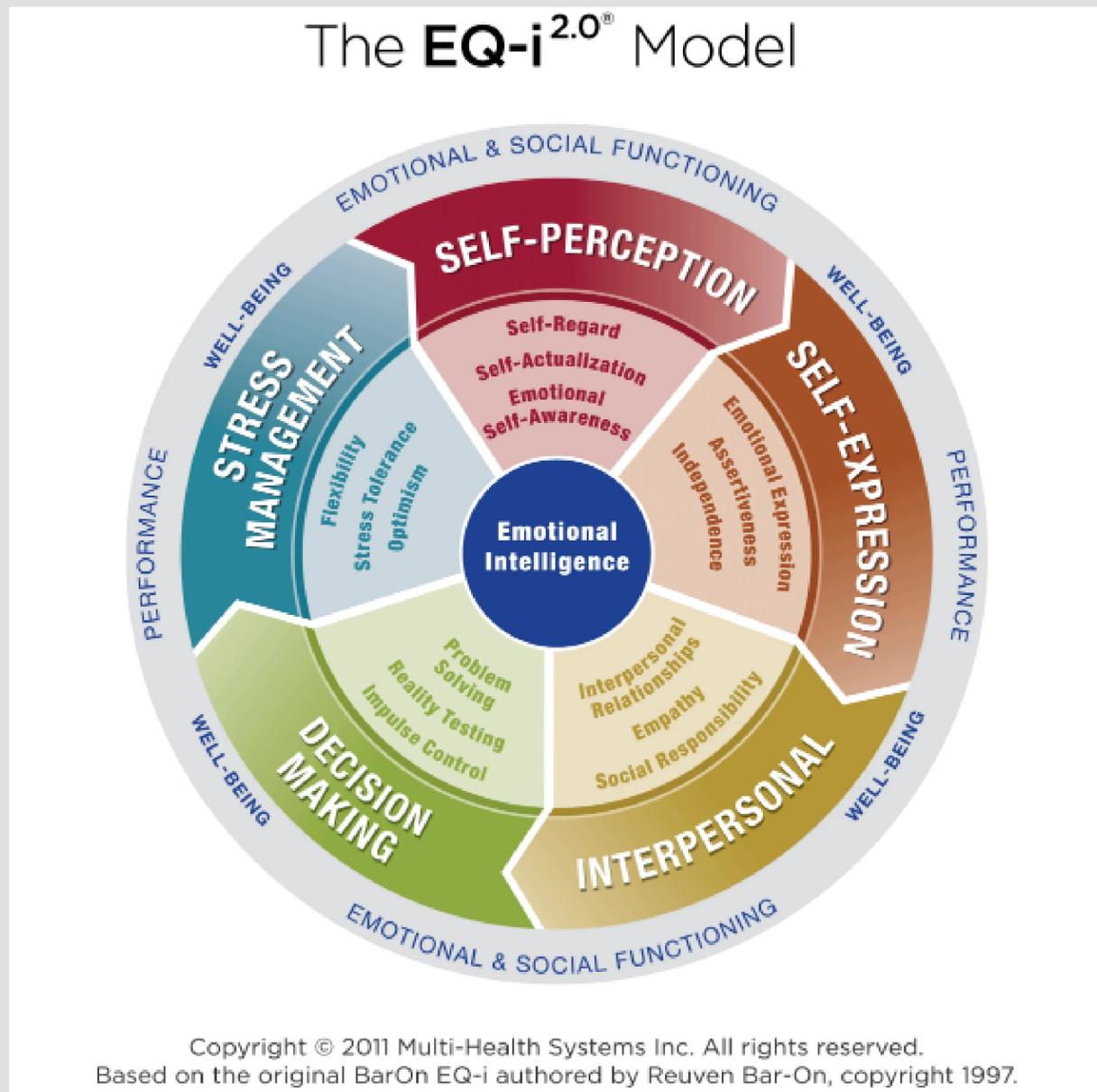
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EQ Leadership Skills



Tip 1:

Emotional Self-Awareness

Over the next week, record the strongest emotion you experience each day. Beside each emotion, write down your accompanying bodily sensations and thoughts. In a final column, write down how you became aware of that feeling (did you recognize the emotion as it occurred, became aware of it through bodily sensations, or become aware of it through thoughts?)*



*The EQ Edge Book

EQ LEADERSHIP SKILLS TIPS

TIP 2: EMOTIONAL EXPRESSION

Ask a trusted friend/colleague/significant other what your attitude is when expressing yourself, particularly on a subject or situation that you find quite meaningful.*

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TIP 3: EMPATHY

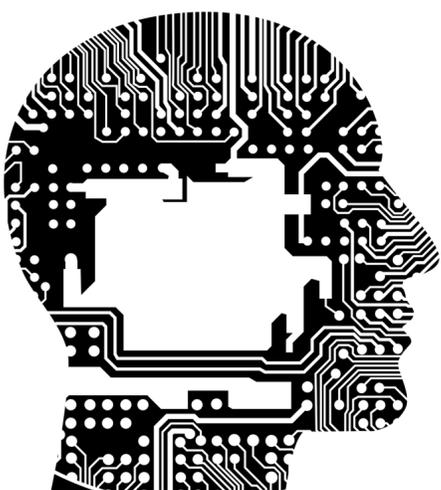
In general, stop and listen more to others. If someone's feelings and opinions are of value to you, check to see how accurately you've understood her/him.*

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TIP 4: PROBLEM SOLVING

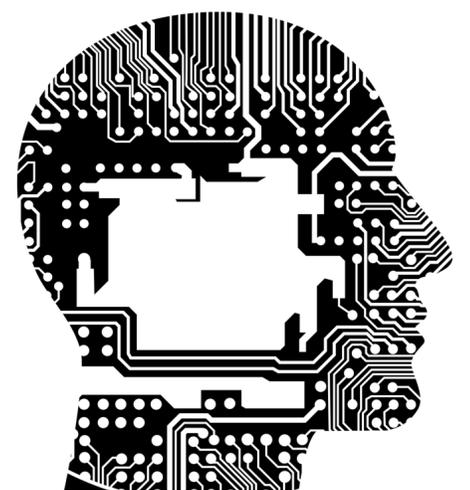
Over the next 2 weeks, be attuned to problems as they arise, document a couple of them and describe how you attempted to solve it (paying close attention to the technical AND interpersonal sides of them).*

**The EQ Edge Book*



Emotional intelligence is
the ability to better
understand ourselves to
better understand and
work with others

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EQ LEADERSHIP SKILLS TIPS

TIP 5:

OPTIMISM

When a negative thought enters your mind, write it down and have a designated time each day to “deal with them.” The act of recording them deflates some of their urgency and reserving a time to come back to them robs them of even more punch.*

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These 5 tips can help you increase your usage of some EQ leadership skills to improve your personal and professional life! Please reach out to chat if you'd like to further explore EQ together!

THE MONTHLY **WADDLE**

A monthly newsletter to keep you up-to-date and share tips and tricks to help in your personal and professional development

WE ARE AN EMPLOYEE ENGAGEMENT AND LEADERSHIP ORGANIZATION.

We help Organizations inspire confidence back into their team for innovation and growth. We help Organizations design and implement a system that fosters and protects a strong Organizations design and implement a system that fosters and protects a strong culture where employees are heard and understood from leadership down. In doing so, individual team members can gain confidence to bravely introduce innovative ideas and grow the company.

Whether you are ready to invest in yourself or you'd like to explore opportunities for your Organization, please reach out to chat anytime!

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