

# *Emotional Intelligence*

## Dictionary

Search for a word



**in·tel·li·gence**

/inˈteləjəns/

*noun*

1. the ability to acquire and apply knowledge and skills.  
"an eminent man of great intelligence"

**Similar:**

intellectual/mental capacity

intellect

mind

brain

brains



2. the collection of information of military or political value.  
"the chief of military intelligence"

**Similar:**

information gathering

surveillance

observation

reconnaissance



Translations, word origin, and more definitions

From Oxford

*Feedback*

# *Emotional Intelligence*

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Business Intelligence.

Military Intelligence.

Emotional Intelligence.

“The ability to recognize, understand and manage our own emotions, and to recognize, understand and influence the emotions of others.”

# *Emotional Intelligence*

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As a leader, I want you to see and share my vision, be inspired, and follow.

As a leader, I must NEVER allow **my** emotions to interfere with the vision.

As a leader, I MUST observe, understand, work with and influence **your** emotions.

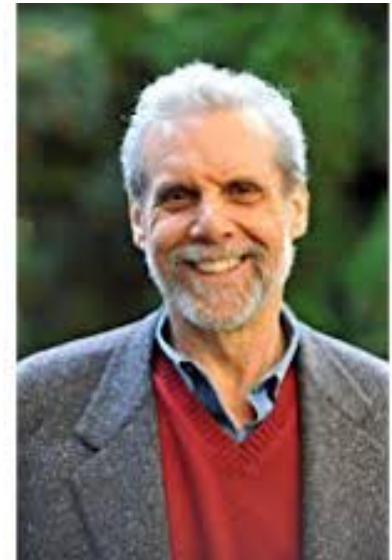
# *Emotional Intelligence*

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## Thoughts from Daniel Goleman

When would I need to manage my Emotional Intelligence?

- Giving and receiving feedback
- Meeting tight deadlines
- Dealing with challenging relationships
- Not having enough resources
- Dealing with change
- Dealing with setbacks and failure



# *Emotional Intelligence + Leadership*

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- Effective leadership is based on an emotional and relational transaction between the leader and the team members. **It's all about relationships!!**
- As such, we must consider the different facets of the Leader-to-team-member relationship.

# *Emotional Intelligence + Leadership*

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- Emotional Intelligence researchers have categorized relationship traits into five elements.
- A successful leader
  - Examine myself in each of these areas
  - Understand how each contributes to the relationships among an effective team.

# *Emotional Intelligence + Leadership*

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- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social Skill

# *Emotional Intelligence + Leadership*

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As you read through these personality traits, consider your own strengths and weaknesses in each area.

How do you score yourself in these emotional areas?

Are there some areas you know you need to work on?

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social Skill



# *Emotional Intelligence + Leadership*

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## Videos

- [Introduction to Emotional Intelligence by Daniel Goleman](#)
- [Leading With Emotional Intelligence In The Workplace by Carolyn Stern](#) \*\*

\*\* This is kind of an ad for a training class, but it is still very useful and informative.