



# chiro practical

*A podcast about chiropractors, for chiropractors.*

## EQ OVERVIEW WORKSHEET

Effective leaders generally share a cluster of essential characteristics. These characteristics can be categorized as components of **emotional intelligence**—the ability to manage yourself and your relationships effectively. Research has shown that what distinguishes outstanding leaders is their degree of emotional intelligence, not their technical or analytical skills.

### How do you rate in these five areas?

#### **SELF-AWARENESS:**

The ability to recognize and understand your moods, emotions, and drives as well as their effect on others.

#### **SELF-REGULATION:**

The ability to control or redirect disruptive impulses and moods, suspend judgment, and think before acting.

#### **MOTIVATION:**

The ability to pursue goals with energy and persistence, for reasons that go beyond money or status.

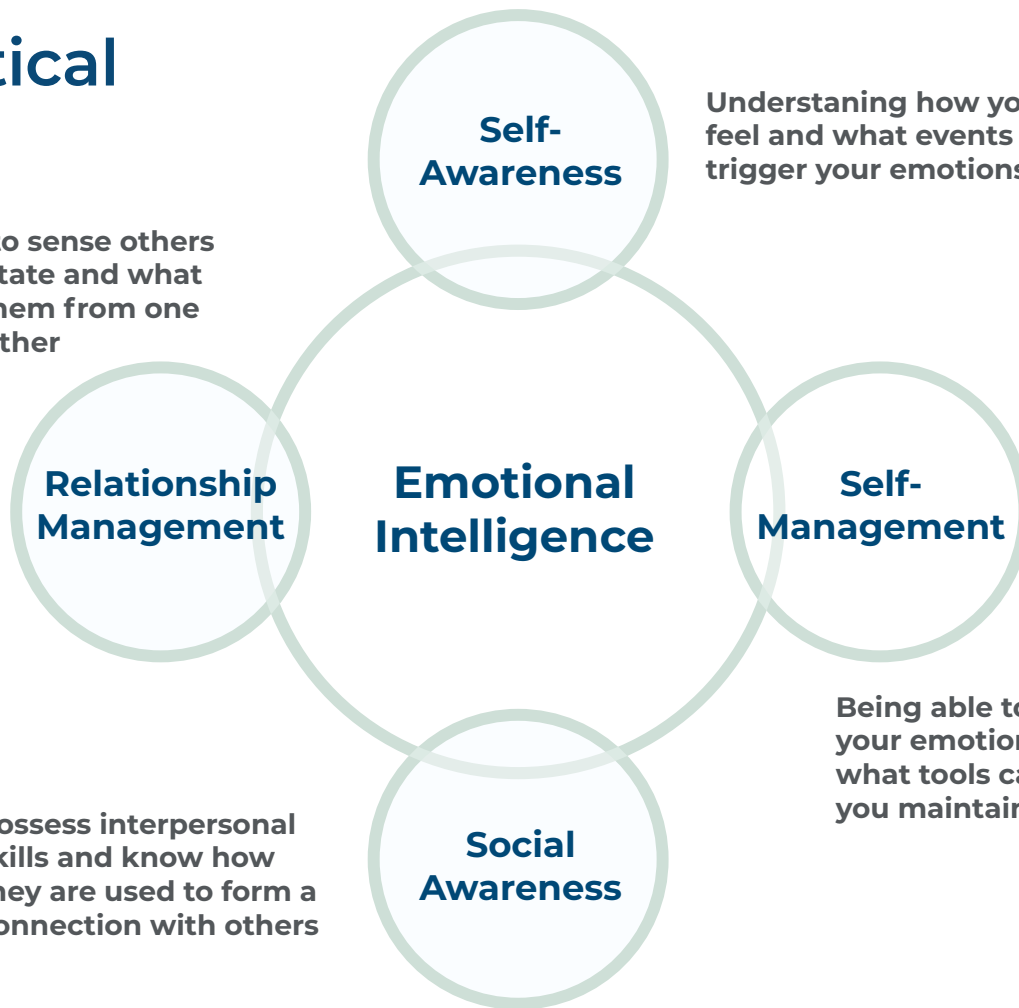
#### **EMPATHY:**

The ability to understand people's emotional makeup.

#### **SOCIAL SKILL:**

The ability to manage relationships, build networks, and find common ground.

Being able to sense others emotional state and what may drive them from one state to another



## **FURTHER LEARNING:**

### **BOOKS**

Enlightened Entrepreneurship: How to start and scale your business without losing your sanity by Christopher Myers

Primal Leadership: Unleashing the Power of Emotional Intelligence by Daniel Goldman

Emotional Intelligence 2.0 by Travis Bradberry and Jean Greaves

Becoming a Resonant Leader: Develop Your Emotional Intelligence, Renew Your Relationships, Sustain Your Effectiveness by Annie McKee

At the Heart of Leadership: How To Get Results with Emotional Intelligence by Joshua Freedman

### **AUDIO BOOKS**

Emotional Intelligence: A 21-Day Step by Step Guide to Mastering Social Skills, Improve Your Relationships, and Boost Your EQ by David Clark

HBR Guide to Emotional Intelligence by Harvard Business Review