



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.

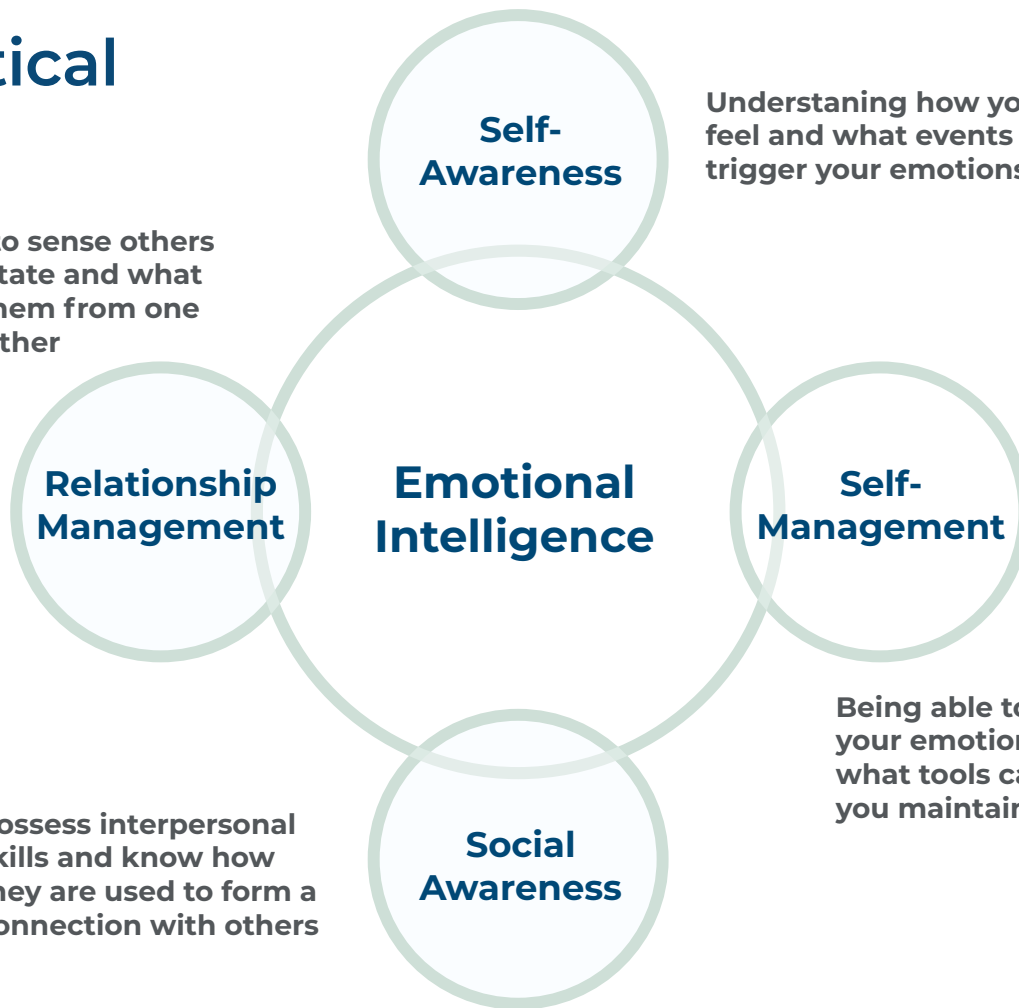
EMPATHY:

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