Exercise

# Emotional Intelligence in Leadership

 **Emotional Intelligence Leadership Self-Assessment**

Objective: To evaluate your current use of emotional intelligence (EI) in leadership and identify areas for improvement.

Instructions:

1. **Self-Assessment:** Reflect on your recent leadership experiences and rate yourself on a scale of 1 to 5 (1 being very low and 5 being very high) for each of the four components of EI:

- Self-awareness
- Self-management

- Social awareness

- Relationship management

1. **Identify Strengths and Areas for Improvement:** Based on your self-assessment, identify your top two strengths and top two areas for improvement in your EI as a leader.
2. **Action Plan:** Develop a plan to enhance your EI in the identified areas for improvement. Include at least three specific actions you can take over the next month. For example, if you need to improve social awareness, you might set a goal to practice active listening in team meetings, seek feedback from your team, and learn more about their individual needs and motivations.
3. **Monitor Progress:** Keep a journal to track your progress over the next month. Note any changes you observe in your interactions and leadership effectiveness.