



## Ten Easy Pieces for Emotionally Intelligent Leaders

1. ***I know that emotions*** are the key to inspiration – inspired people are engaged and deliver.
2. ***Emotionally Intelligent Leadership*** starts with ME. I work to know and understand myself as a leader.
3. ***I control what I can: Myself.*** The way I respond and react is up to me – and it determines how I lead.
4. ***I know the way that I see 'it' is mine – and others see 'it' differently.*** It is important to recognize that how each individual sees it, thinks of it and feels about it is different. Discovering and working with those differences is a key to Emotionally Intelligent Leadership.
5. ***I take the time to effectively and responsibly express my emotions.*** Expressing my emotions well is a powerful tool of Emotionally Intelligent Leadership. (It is okay to convey anger, but not okay to shout, for example).
6. ***Everyone I lead is different.*** Understanding 'them' is the key to effectively leading 'them'.
7. ***My emotions are important data points.*** What I feel is telling me something important, and I pay attention to my feelings to lead inspirationally.
8. ***'Their' emotions are important to my leadership success.*** I attempt to understand how 'they' feel, so I can reach – and lead – 'them' emotionally.
9. ***I do all that I can to keep my body, mind, and spirit fit and healthy*** so that I can most effectively manage my emotions.
10. ***I pay attention to the emotional environment,*** and do all that I can to keep it positive and balanced.

***Want a culture of trust and success in your business?***  
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