

# Leading with Emotional Intelligence

By Bea Fields

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Executives with a strong Emotional Quotient (EQ), as well as a strong Intelligence Quotient (IQ), are quickly becoming the leaders who ultimately make the best decisions and lead the most satisfying lives. These ten practical techniques will support you in bringing new life and amazing opportunities to you every day, both personally and professionally.

- (1) Become aware of your own emotions and how they impact others. Make a list of your strengths and your limitations when the heat is on. If you are quick to anger or curtness, take a personal “time out” before communicating with an employee, colleague, friend, or family member.
- (2) Display honesty, authenticity, and trustworthiness in all actions. Before you go to sleep at night, ask yourself this question: “Did I live according to what I know is right for me and for others?”
- (3) Be flexible. Your ability to adapt to a quickly changing world and to the changing needs of your employees/colleagues/family will set you apart from the crowd when it comes to being an effective leader.
- (4) Include humor and laughter in both work and play. Studies reveal that laughter is the most contagious of all emotions. Once a person hears laughter, a positive chain reaction spreads through the group, resulting in an increase in productivity.
- (5) Develop an attitude of optimism. Find the positive in every situation, even when something negative has happened. Document these positive comments in a journal, and speak them out loud to three people. You will eventually develop an attitude of optimism, which will have a positive impact on others.
- (6) Develop empathy by grasping the feelings of others and seeing their perspective before you make a decision. This will make you approachable, and others will learn quickly that you care about them and want to hear what they have to say.
- (7) Cultivate rich and rewarding relationships with employees outside of work. Host one social function each month, and take this time to get to know your employees and their families on a very personal level.
- (8) Develop a democratic leadership style: one that is based on collaboration, teamwork, active listening, conflict management, and influence.
- (9) Be dedicated to a high level of achievement. Your drive to improve performance and to meet

high standards of excellence will set the tone for success for you and your company.

(10) Be devoted to recognizing and meeting the needs of your followers, clients, and customers. They are the future of your company, so communicate with them regularly and often.

This article was written and submitted by Bea Fields. Bea is a Business Coach, Consultant, Trainer, and Public Speaker. Her area of expertise is that of Environmental Design and Leadership Development for Executives, Managers, Small Business Owners, and Political Leaders. She may be contacted at [bea@nonmanipulativeseduction.com](mailto:bea@nonmanipulativeseduction.com) or visited on the web at [www.nonmanipulativeseduction.com](http://www.nonmanipulativeseduction.com)

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