



Leveraging Emotional Intelligence (EQ) for Workplace Effectiveness

No matter where you are in your career, no matter what industry you work in, no matter if you are a professional in a suit or a golfer in cleats, everyone is striving for superior performance. We all want to perform well and at our peak. At the cornerstone of superior performance is good decision-making. And that's where your emotional intelligence (EQ) comes in.

Here are some common questions and answers about EQ.

- 1. What is it? EQ is your ability to sense, understand and effectively apply the power and acumen of emotions to facilitate high levels of collaboration and productivity. It is the foundational competency every leader needs to grow. Those of you who learn to effectively manage and leverage your EQ will be able to exponentially increase your performance independent of your IQ and your technical skills.**
- 2. Why is it so important? Your EQ is important because it helps you leverage your awareness of emotions for effectiveness in the workplace. I like to refer to EQ as the rocket fuel for your career. In fact, EQ has sometimes been referred to as the missing link when it comes to leadership development and leadership effectiveness. So, it's pretty powerful.**
- 3. How does it work? In its simplest form you will notice that emotions precede actions. So, when you're happy, you smile. When you're sad, you frown. It's not the other way around. You don't smile and then become happy. You don't frown and then become unhappy. So, a focus on improving only your actions is useless unless you couple it with improving your EQ because at the end of the day, it's your emotional intelligence that drives your actions.**

Here's the best news about EQ. It's one of the strongest leadership skills that women possess. And, EQ contributes more to leadership success than IQ. So for once, women have a jumpstart on their male counterpart!

If you hope to be able to deal more effectively with change and become more flexible and adaptable, then you will need to develop your emotional intelligence in order to develop and grow your own potential. What are you waiting for?

Note: if you're interested in exploring or developing your EQ through an assessment, please contact us at info@redladder.com or 651-453-1007. We're here to help!