

Your Emotional Intelligence And Team Leadership Check List

The following is a check list designed to enhance your team and leadership performance in the coming months. Check at least 1 category to work on in the next 30 days.

When you set the goal to achieve it, also imagine how achieving it will enhance your peer relationships, leadership effectiveness and family relationships.

If you are not sure, ask a trustworthy friend or supervisor how mastering the skill you chose will show up in improved team performance. This gives you something to measure while a new skill is transforming into a favorable habit.

Check For Annual Goal	Check For 30-Day Goal	Goal	Rationale
		Foster “Interpersonal Wellness”	Leading people is not easy. We recommend regular wellness audits/assessments to improve and inspire individual and workplace wellness.
		Be a “Workplace Athlete”	There are 7 key similarities of top performers to professional athletes. These include: a high level of confidence, the ability to concentrate on process as well as the end result, resilience, mental attitude, a sense of challenge/competitiveness, peak condition non-thinking automatic response and the ability to relax.
		Spot Signs of “Burnout”	Burnout is most common among people who are phenomenal at their jobs. And while there are good levels of stress and bad levels of stress, it’s important to identify the early signs of burnout in yourself or in others around you. Click here for a Self Study Stress Management Program.
		Begin Your “Destiny Discovery” Process	Most people are “chasing opportunities instead of creating on purpose”. Focus on discovering your purpose this year so that what you do is in alignment with your highest source of energy and creativity.
		Release Unwanted Negative “Emotions”	Emotions are generated by your subconscious mind and are indicators and motivators to do something. Becoming emotional Intelligent therefore starts with self awareness of your own emotions and feelings so you do not project bad feelings on others and lose your personal leadership power.
		“Play a Bigger Game”	Many of us (especially women) play it small by holding back usually out of fear of rejection or fear of loss. And if you can relate, start by identifying where you are playing small and identify the little steps you can take. Incremental steps will “stretch your comfort zone”.
		“Prioritize Your Passions”.	It is important to “notice when we are over-functioning” and to “stop running on empty”. Because we simply can’t do it all, we should list our passions, cull the list, then prioritize the list and find a way to blend our passions with our daily actions as well as ensure structure for self care.

		“Build Meaningful Authentic Relationships”.	Network. Networking is not about finding a job or collecting business cards. Networking is about connection, community and belonging.
		“Cultivate Your Gravitas”.	Gravitas is a measure of confidence, decisiveness, a projection of your inner game or authenticity and the missing link to executive presence. How you act (show up), how you speak (communication) and how you look (grooming and polish) matters.
		“Hone Your Skills”.	Cold-calling is an example of a basic skill set which can be learned. It takes 7-12 contacts to get prospects to respond. Most sales people give up long before that. Develop a good process and track results.
		“Connect to the Wisdom of Your Heart”.	The quality of your life depends on the question you ask about your life. 90-98% of what we do is conditioned response. Our actions/behaviors can be conditioned while our hearts hold the key to love, gratitude, wisdom and inspiration.
		“Consider the Financial Impacts”.	Strategic financial planning can equate to significant dollar amounts in the long run especially when you consider tax savings and portfolio returns. In addition to a career plan, you need a solid financial plan that frees you from becoming a slave to “values” clash.
		“Make it Better”.	People resist change because they view change the same way they view torture. Adapting your mindset to focus on “more or better” is an easier transition.
		“Enhance Your Brand”	Your brand is your digital introduction, a summary of who you are as well as a projection of your future success. Your Social Network sites will usually be the first thing that pops up when someone Googles your name.
		“Develop Resiliency”	There are 4 keys to developing resilience: optimism, stress management, flexibility and openness and the ability to see solutions within your control and influence.
		“Experience Facial Intelligence”.	Use the face as a guide to knowing how to interact with others based on their needs and communication preferences. The face can be a tool to understanding people’s patterns and behavioral tendencies.
		Develop Exceptional Teams”	Your leadership focus should be on team development rather than team building. Team building can have a marginal effect and be de-motivating while team improvement can have a lasting effect increasing collaboration and interdependence.
		“Boost Your Confidence”	It’s important not to believe the stories you make up. Focus on what you can control and influence. Get ready for your. next career move.

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