

12 EMOTIONAL & SOCIAL INTELLIGENCE LEADERSHIP COMPETENCIES

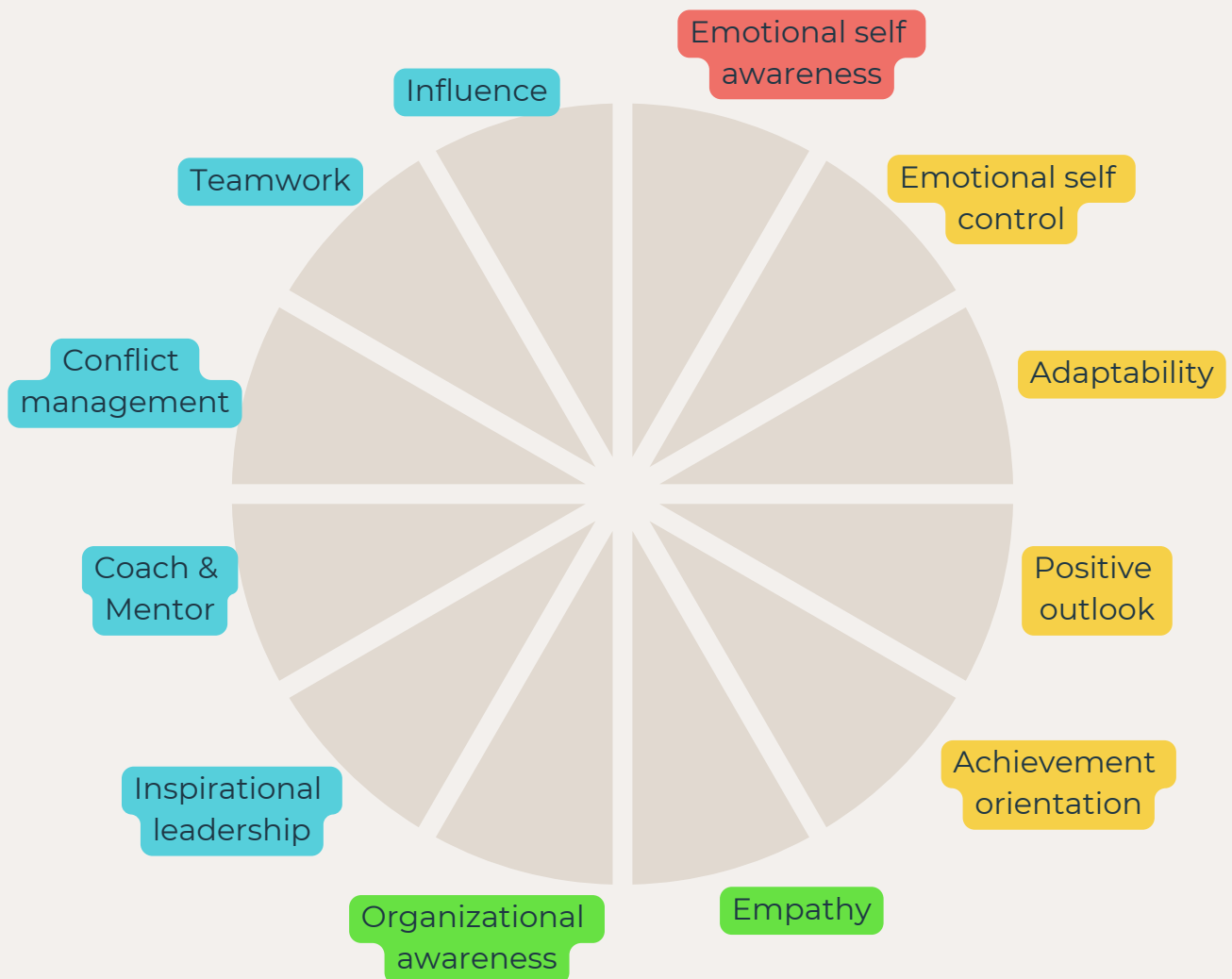
Assess your skills
(1-10, where 10 means you are the expert)

SELF AWARENESS

SOCIAL AWARENESS

SELF MANAGEMENT

RELATIONSHIP MANAGEMENT



Emotional Self-Awareness: is the ability to understand your own emotions and their effects on your performance. You know what you are feeling and why- and how it helps or hurts what you are trying to do.

Emotional Self-Control: Emotional Balance, or Emotional Self-Control, is the ability to keep your disruptive emotions and impulses in check and maintain your effectiveness under stressful or even hostile conditions.

Adaptability: Flexibility in handling change. People who demonstrate this competency willingly change their own ideas or approaches based on new information or changing needs. They are able to juggle multiple demands.

Achievement Orientation: Striving to meet or exceed a standard of excellence. People who demonstrate this competency look ways to do things better, set challenging goals, and take calculated risks.

Positive Outlook: Persistence in pursuing goals despite obstacles and setbacks. People who demonstrate this competency see the positive in people, situations, and events more often than the negative.

Empathy: Sensing others' feelings and perspectives, and taking an active interest in their concerns. People who demonstrate this competency are able to pick up cues, understanding what being felt and thought.

Organization Awareness: Reading a group's emotional currents and power relationships. People who demonstrate this competency think about power relationships. They can accurately identify influencers, networks, and dynamics.

Influence: is a social competency. Leaders who are equipped with the emotional self-awareness and self-control to manage themselves while being adaptable, positive, and empathic can express their ideas in a way that will appeal to others.

Coach and Mentor: Taking an active interest in others' developmental needs and bolstering their abilities. People who demonstrate this competency spend time helping people via feedback, support and assignments.

Conflict Management: Negotiating and resolving conflict. People who demonstrate this competency bring disagreements into open, effectively communicate the different positions, and find solutions all can endorse.

Teamwork: is the ability to work with others toward a shared goal, participating actively, sharing responsibility and rewards, and contributing to the capability of the team.

Inspirational Leadership: is the ability to inspire and guide people to get the job done and to bring out their best.



WERTE

Aktivität
Anstand
Aufgeschlossenheit
Aufrichtigkeit
Authentizität
Beliebtheit
Bequemlichkeit
Bescheidenheit
Beständigkeit
Bewusstheit
Bildung
Demut
Diskretion
Ehre
Ehrlichkeit
Entschlossenheit
Erfahrung
Erfolg
Familie
Fleiß
Freiheit
Freude
Freundschaft
Frieden
Führung
Gehorsam
Gelassenheit
Gemeinschaft
Genuss
Gerechtigkeit
Geselligkeit
Gesundheit
Großzügigkeit
Güte
Harmonie
Herausforderung
Hingabe
Individualität
Integrität
Heimatverbundenheit
Hilfsbereitschaft

Kontrolle
Körperlichkeit
Lebendigkeit
Leidenschaft
Leistung
Liebe
Loyalität
Macht
Mut
Nachhaltigkeit
Nächstenliebe
Natur
Offenheit
Ordnung
Partnerschaft
Perfektion
Persönliches Wachstum
Privatsphäre
Reichtum
Respekt
Ruhe
Schönheit
Selbstbestimmung
Selbstverwirklichung
Sicherheit
Solidarität
Sorgfalt
Spaß
Spiritualität
Struktur
Tiefgründigkeit
Toleranz
Umweltschutz
Unabhängigkeit
Vernunft
Vertrauen
Wirksamkeit
Würde
Zugehörigkeit
Zuverlässigkeit

