

# The Foundation of Leadership Emotional Intelligence

Research has shown leadership emotional intelligence is the biggest predictor of success inside organizations. Leaders with a high LEQ are better able to form lasting, positive relationships, adapt to changing conditions in their environment and be a positive influence on others.

## PERSONAL AWARENESS

Awareness of emotions as they occur, understanding of unique personal traits, and knowledge of events that trigger significant emotional reactions.



## SELF MASTERY

Controlling inevitable impulses, adapting positively to changing circumstances, and exhibiting resilience when facing adversity.



# 4

Dimensions of

# LEQ



## BUILDING CONNECTIONS

Understanding and empathizing with others, being transparent in interpersonal interactions, and being of service to others while in a leadership role.

## INFLUENCING OTHERS

Generating contagious optimism about the organization's future, conveying a strong sense of confidence in self and others, and being a source of inspiration for the organization.



Bluepoint offers experiential workshops, assessments, and coaching to strengthen LEQ.

Contact us to learn more!

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