



EQ Leadership Survey

For each item listed below, please indicate how well it describes the way you apply EQ in your role as a leader. Circle the number on the rating scale that best represents your style. Five indicates *most* like you while one is *least* like you.

In my role as a leader, I:

1. Let people know when they're doing a good job	5	4	3	2	1
2. Keep my feelings and emotions in check	5	4	3	2	1
3. Avoid focusing on people's negative characteristics	5	4	3	2	1
4. Am willing to admit it when I'm wrong	5	4	3	2	1
5. Act ethically in my dealings with others	5	4	3	2	1
6. Can put myself in someone else's shoes	5	4	3	2	1
7. Look at the bright side of things in and out of work	5	4	3	2	1
8. Try to focus on people's positive qualities and potential	5	4	3	2	1
9. Allow my beliefs and values to guide my daily actions	5	4	3	2	1
10 Work hard to be a good listener	5	4	3	2	1

TOTAL SCORE _____

If you scored 40 or more, you are doing a good job of applying some of the key elements of emotional intelligence. If you scored between 30 and 39, you are well on your way to reaping the benefits of EQ but need to improve your understanding of the process. If you scored less than 30, this is an important development opportunity for you. Solicit guidance from a trusted colleague or mentor and look for ways to expand your knowledge of EQ and its link to leadership effectiveness.