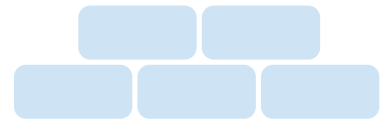
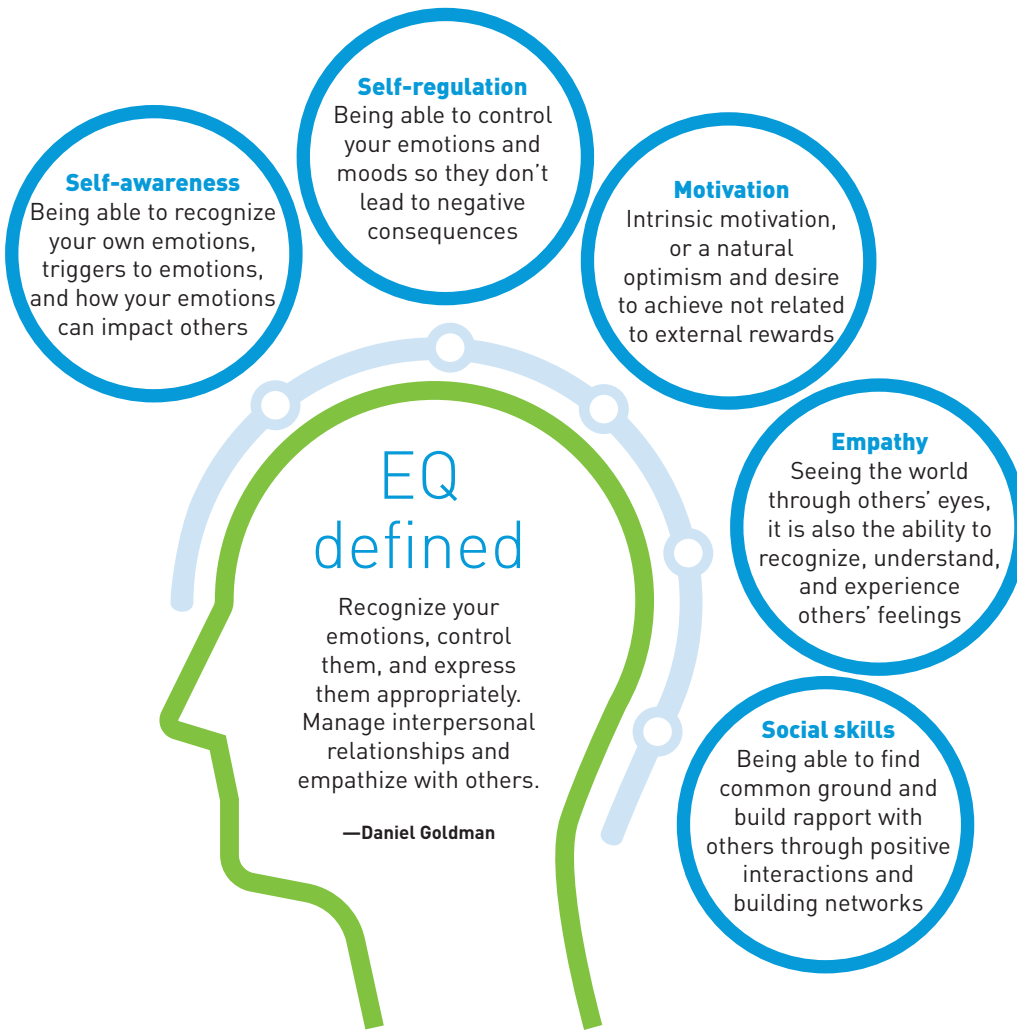


# EQ Leadership

Enhanced leadership through emotional intelligence (EQ)



## Building EQ

Emotional intelligence tends to increase incrementally with age, but here are some ways you can build EQ intentionally:

**Reflect** on how you feel and why, while considering your triggers

**Seek out** another perspective

**Practice humility** by supporting others to succeed

**Apologize** when you make a mistake, and take responsibility

**Maintain** a positive attitude

**Stay cool** and manage stress

**Be assertive** and able to express difficult emotions when necessary

**Stay proactive**, not reactive, in the face of a difficult situation

**Developing resiliency** in the face of adversity



UC Berkeley researchers found that **EQ is four times more powerful than IQ** in predicting who would **achieve success** in their field.

Fifty-nine percent of hiring managers they **would not hire someone with a high IQ and low EQ.** (CareerBuilder)



## Research by the numbers



Seventy-one percent said they **value emotional intelligence** in an employee **over IQ**, according to a CareerBuilder hiring manager survey.

One in three hiring managers reported placing **increased emphasis on EQ** in their hiring and promoting decisions. (CareerBuilder)



<http://press.careerbuilder.com/2011-08-18-Seventy-One-Percent-of-Employers-Say-They-Value-Emotional-Intelligence-Over-IQ-According-to-CareerBuilder-Survey>

