

# 3 WAYS EQ MAKES YOU A BETTER LEADER

Emotional intelligence (EQ) is the key for leaders who want to stand out from the crowd. Here are the 3 ways that developing your EQ will help you transform your leadership style and lead your team to success.

## Helps You Focus on YOU

**Only 2.6% of management are highly engaged.** Forbes<sup>1</sup>



Employee engagement is a hot topic right now, but it often stops being considered when it reaches the leadership level. **Most leaders are actively disengaged from their work, and by extension, their team.**

2 of the 5 factors of EQ that we measure at TTI Success Insights are **self-awareness** and **self-regulation**. It's hard to fix a problem if you don't know it exists, so that's where EQ starts. **As soon as you look inward, you're already on the path to being a successful leader.**

## Improves Communication

**78% of business leaders are focused on improving their engagements with employees.** Harvard Business School<sup>2</sup>

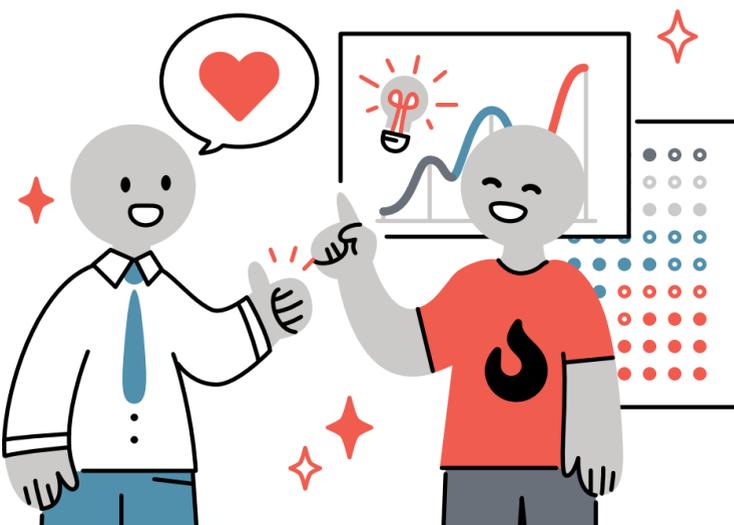


Leaders can no longer just dictate and expect work to magically get done by their team. **Workers are now looking for a company that really cares about their employees, a mission they can believe in, and a leader they can be proud to work under.**

That's where **social awareness** and **social regulation** come into play. These factors measure how well you understand the emotions of others, and how you can influence the emotional clarity of others. **The best leaders are observing and listening before acting.**

## Increases Empathy

**96% of employees believe showing empathy is an important way to advance employee retention.** Forbes<sup>3</sup>



**People want to believe in their work and themselves. The role of a leader is to empower them to do just that through support and development.** That process is driven by the fifth factor of EQ, **motivation**. Motivation is the passion to work for reasons that go beyond external drive — it's an internal fire.

Use that fire to light others up, and you'll be amazed at the results that come back to you.

Reference

<sup>1 2</sup> "21+ Inspiring Leadership Statistics" <https://goremotely.net/blog/leadership-statistics/>

<sup>3</sup> "10 Timely Statistics About The Connection Between Employee Engagement And Wellness" <https://goremotely.net/blog/leadership-statistics/>