

## LEADERSHIP SKILLS: Rate Yourself\*

The best leaders have strengths in at least a half-dozen key emotional intelligence competencies. To see how you rate on some of these, assess how the following apply to you. This brief assessment will give you some idea of how you view your abilities now and can provide a starting point for your ideas about how to improve.

	Seldom	Occasionally	Often	Frequently
1. I am aware of what I am feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know my strengths and weaknesses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I deal calmly with stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I believe the future will be better than the past.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I deal with changes easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I set measurable goals when I have a project.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Others say I understand and am sensitive to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Others say I resolve conflicts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Others say I build and maintain relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Others say I inspire them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Others say I am a team player.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Others say I helped them to develop their abilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total the number of checks in each column \_\_\_\_\_ x 1 \_\_\_\_\_ x 2 \_\_\_\_\_ x 3 \_\_\_\_\_ x 4

Multiply this number by: \_\_\_\_\_ = \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

**Total:** \_\_\_\_\_

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### Interpretation

- 36+** An overall score of 36 or higher suggests that you are using key leadership abilities well. Ask a colleague or partner for her or his opinion to be more certain.
- 30-35** A score in this range suggests some strengths and also some underused leadership abilities.
- 29 or less** Suggests unused leadership abilities and room for improvement.

Each of us is unique and displays our leadership abilities in different ways. To further explore your strengths, you might ask others to identify when you are using any of these abilities.

### Follow-Up

Reflect upon your results.

What might be your greatest strength as a leader?

What one area do you most want to develop?

\* Source: **Could You Be a Leader?** By Daniel Goleman in *Parade Magazine*, June 16, 2002.