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Topic 7

*Emotional intellect and its
connection with leadership*

Leader's competence – the available set of behavior models, which are caused by deep or subconscious intentions and allow to increase the efficiency of his activity.

A cluster of emotional intellect in the structure of leadership competence:

- Emotional self – awareness
- Accurate self – assessment
- Self confidence
- Curbing emotions
- Openness
- Adaptability
- The will to win
- Initiative
- Optimism

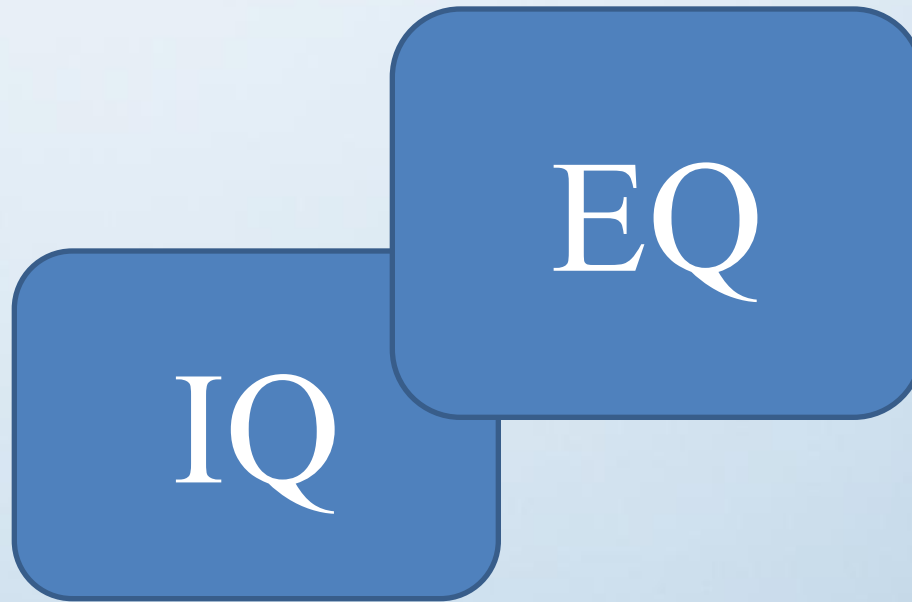
A cluster of social intellect in the structure of leadership competence:

- ✓ The capacity for empathy
- ✓ Effect (influence)
- ✓ The ability to resolve conflicts
- ✓ Mentoring
- ✓ Organization of team work

A cluster of cognitive intellect in the structure of leadership competence:

- ✓ System thinking
- ✓ The capacity for discernment patterns

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- If you want to get some practical result your intellect must be accompanied by cunning. But cunning without intellect is only fuss without any good (benefit)
- Leader must nice on the level even higher than people around put him on.

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- Leader must do up all his deals and so will be his habit and his followers' low.
- Leader must be ready to answer any question.

Managing your own emotional state:

- 1) Block all unpleasant memories, try to associate yourself only with pleasant ones ;
- 2) Use optimal level of motivation ;
- 3) Self-develop ;
- 4) Change negative thinking into positive ;

***Managing your own emotional state
(continuation) :***

- 5) Make it step to the goal pleasant;
- 6) The more demand, the greater delight (pleasure);
- 7) Get rid of inferiority complex;
- 8) Be natural

The ways (means) of managing emotions:

- Allocating emotions – among the other emotion – rising situations; it result in lowering emotion intensity in each of them.
- Concentration - giving all emotions to something.
- Redirecting – moving feelings from emotion – rising situations to neutral ones.