



MODULE SEVEN

**EQ Is The New IQ To Be
Undefeatable**



*Five emotional intelligence
traits that can make
you a better leader in these
uncertain times.*

Leaders with *emotional intelligence* are more effective because you have a greater understanding of yourself, your team, and how your actions impact success.

Your EQ can be improved.

***It's like software, it can be
updated.***

Here are five traits to cultivate as a leader to improve your EQ and as a result, improve your performance.

1 - Self-awareness and self-reflection

- **Recognizing and understanding your moods, emotions, and drivers as well as their effect on others.**
- **Leaders with EQ work better with others, are better listeners, are open to feedback, and show more empathy.**

***Take a pause when you're
frustrated, angry, or upset
before you say something
you'll regret.***

Take a six-second pause and do a box breathing:

Inhale for 4 seconds, hold your breath for 4 seconds, and exhale for 4 seconds.

This helps you quickly assess how you feel.

2 - Empathy

- Empathy is a key part of successful relationships and EQ.
- Without it, it's difficult to reflect on the effect your actions have on others.

3 - Optimism

- People with a high degree of EQ demonstrate optimism during challenging times and events.
- To improve your optimism, ask yourself:
 - Am I thinking this is permanent?
 - Am I feeling this is widespread or pervasive?
 - Am I giving up my power?

4 - Focus on what you can control

- When faced with setbacks...

Take in the whole situation

Separate the parts you can control or influence from the parts you can't

5 - Be kind.

- **Kindness** is a **priceless asset** and **social skill** to have it at your disposal as a leader.

Here's the takeaway:

The **level of EQ** you're able to cultivate has a **remarkable impact** on the people around you.

And in many cases, on the **trajectory of your business life** and **career**.



THANK YOU

See you in Module Eight

