# Aspects of Emotional Intelligence Required to Be an Effective Leader

Emotional intelligence as quickly becomes a key component of effective leadership. The ability to be in tune with yourself and your emotions, as well as having sound situational awareness is an incredibly powerful tool that all leaders need in their tool belt. The ability to know, understand, and respond to emotions, being aware of how your words affect others, and your ability to overcome stress at the moment, is what is known as emotional intelligence. If you want to be an effective leader, then you need to understand the required aspects of emotional intelligence.

**Self-Regulation**

Self-regulation, or discipline, involves your ability to control or redirect your disruptive emotions and being able to adapt to changing circumstances to keep your team moving in the right direction. Being calm is contagious. As a leader, you can't afford to panic when things get a bit too stressful. When you can learn to stay calm and positive, you are better able to think and communicate more clearly.

**Empathy and Compassion**

Empathy is your ability to put yourself in someone else’s shoes so you can understand how they feel and react appropriately to the situation. When you have empathy, your capacity to feel compassion is higher. The emotions that you feel in response to suffering is what motivates a desire in you to help. The more you can relate to those around you, the better you’ll come to understand what motivates and upsets them.

**Relationship Management**

If you’re distracted, you will never be able to make deep connections with others. Everyone has family obligations and a crazy to-do list, but being able to build and maintain healthy relationships is essential to your ability to boost your emotional intelligence, You have to have the ability to communicate effectively and maintain relationships if you want to move people in the right direction within your organization.

**Effective Communication**

Effective communication is of the utmost importance when it comes to being an effective leader. Recent studies have shown that communication is seven percent the words you say and 93 percent tone and body language. Misunderstandings and lack of communication are usually the basis of problems between people. Failing to communicate effectively at work leads to frustration, confusion, and bitterness among employees. When you are competent at communicating, you can eliminate obstacles and encourage stronger relationships within your company.

Emotional intelligence is a powerful tool that is critical if you want to exceed your goals, improve your essential relationships at work, and create a healthy and productive place to work and become an effective leader.