

Emotional and Social Intelligence and Leadership

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Confucius is credited with saying, “If you are the smartest person in the room, then you are in the wrong room.” Applied personally, one could arrive at the understanding that one should always be seeking self-improvement, and this starts with surrounding yourself with those who are where you want to be in life or who possess skills you desire to acquire. When applied within the context of leading others, consider that true leadership is about leveraging the talent of others to achieve a mutual objective and inspiring greatness in team members. Effective leadership requires a complete understanding of the concept of synergy, that the effect of the whole is greater than the sum of its parts. In developing leadership practices, it is vital to have both emotional and social intelligence. In this brief treatise, I will consider both.

Emotional intelligence is defined as “the level of your ability to understand other people, what motivates them and how to work cooperatively with them.” (Bressert, S., 2018). It is about more than just working together towards a common goal but about establishing emotional bonds with your team members. When put into effect in one’s leadership, the results will be incredible, beginning with building relationships that are more than surface-level, communication with team members will extend beyond casual conversation. The team will be more willing to go above and beyond and put care into their work because they will feel like they are working for a common good and that you understand them.

One who possesses social intelligence is said to “sense how other people feel, know intuitively what to say in social situations, and seem self-assured, even in a larger crowd.” (Morin, A., 2020). The benefits are extraordinary and can be seen in being more tactful, comical, sincere, and adaptable in conversation while still maintaining authenticity. Considering the impression that your words and actions will have on another with whom you are conversing will make others feel that you appreciate having their approval, they will desire to be around you more, and they will listen to your ideas. Actively exercising more social intelligence will result in creating deeper social ties with those whom you engage and result in more supportive and reciprocal friendships.

Mastery of both emotional and social intelligence can be seen corporately in one’s ability to listen effectively, in their conversational skills, self-awareness, and self-regulation. The emotionally and socially intelligent will seem unfazed by insult, they will seem bold, confident, and debonair. They will appear to be able to make friends with anyone, and their ideas will seem to have the support of others even if you don’t think they are very good ones.

I seek to improve my own emotional and social intelligence by improving my ability to build relationships. Specifically, this can be accomplished by becoming more empathetic and remembering the small details others share in casual conversation. Additionally, I can practice more self-management and possessing stronger control over my own emotions and response to others. It is this confident self-control that will lead to a higher level of personal self-actualization. It will serve as a magnet, drawing others closer and will cause me to attract more positive energy. The reading resources for this week’s assignment detail the concept and application of both emotional and social intelligence.

## References

- Bressert, S. (2018). What is Emotional Intelligence (EQ)?. *Psych Central*. Retrieved on April 30, 2020, from <https://psychcentral.com/lib/what-is-emotional-intelligence-eq/>
- Morin, A. (2020). How to Increase Your Social Intelligence. *Very well mind*. Retrieved on April 30, 2020, from <https://www.verywellmind.com/what-is-social-intelligence-4163839>