

LEADERSHIP EMOTIONAL INTELLIGENCE GROWTH CHART

Leader: _____ Date: _____

EQ CORE PILLAR	COMPETENCY FOCUS	CURRENT LEVEL (1-5)	GROWTH GOAL
Self-Awareness	Recognizing triggers, emotional impact on team, and personal strengths/limitations.		
Self-Regulation	Maintaining composure under stress, adaptability, and impulse control.		
Social Awareness	Active listening, organizational intuition, and empathetic response.		
Relationship Management	Conflict resolution, inspiring others, and effective mentorship.		
Motivation	Resilience after setbacks and alignment with organizational purpose.		

REFLECTION & ACTION ITEMS

1.

2.

3.

* Assessment Scale: 1 (Emerging) - 5 (Exemplary). Designed for professional self-reflection.