

Leadership Skills: Rate Yourself

The best leaders have strengths in at least a half-dozen key emotional intelligence competencies. While getting a personal profile of your strengths and weaknesses requires a more rigorous assessment, this quiz can give you a rough rating. More importantly, we hope it will get you thinking about how well you use leadership skills -- and how you might get better at it.

Statement	Seldom	Occasionally	Often	Frequently
1. I am aware of what I am feeling.	_____	_____	_____	_____
2. I know my strengths and weaknesses.	_____	_____	_____	_____
3. I deal calmly with stress.	_____	_____	_____	_____
4. I believe the future will be better than the past.	_____	_____	_____	_____
5. I deal with changes easily.	_____	_____	_____	_____
6. I set measurable goals when I have a project.	_____	_____	_____	_____
7. Others say that I understand and am sensitive to them.	_____	_____	_____	_____
8. Others say that I resolve conflicts.	_____	_____	_____	_____
9. Others say I build and maintain relationships.	_____	_____	_____	_____
10. Others say I inspire them.	_____	_____	_____	_____
11. Others say I am a team player.	_____	_____	_____	_____
12. Others say I helped develop their abilities.	_____	_____	_____	_____
Add up the total number in each column and multiply it by the number to the right of it.	_____ x 1	_____ x 2	_____ x 3	_____ x 4
Add up all the columns for your total score.				Total _____

Leadership Skills: Interpretation
 36 + You use key leadership skills well, but ask a co-worker or partner for his/her opinions to be more certain.
 30-35 Suggests some strengths, but also some underused leadership abilities.
 29 or less Unused leadership abilities and suggests room for improvement.

Leaders are unique, and they can show their talent in different ways. To further explore your leadership strengths, you might ask people whose opinions you value: "What have you seen me do really well as a leader, which of these abilities am I using?" If a number of people tell you that you use the same quality when doing well, you likely have identified a leadership quality that should be appreciated and nurtured.

