

6 Measures of Emotional Maturity as a Leader



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On the good days as leader, you feel like a winning coach at the Super Bowl. On the bad days, you feel as though you're skiing just a few feet ahead of an avalanche. Most days fall somewhere in between.

To increase your chances of more good days than bad, check your leadership aptitudes and attitudes:

Are You Emotionally "UP" As a Leader?

Show UP as a Leader

For many decades, the citizenry has consistently given Congress the lowest ratings of the three branches of government. The reasons for such low ratings:

- 1) Gridlock in government; lack of accomplishment
- 2) Failure to take responsibility for that lack of accomplishment
- 3) Inconsistent positions on key issues
- 4) Conduct unbecoming their position

Ditto for leaders in the workplace.

Speak UP as a Leader

For more thoughts on leadership communication, Dianna's new book: ***Communicate Like a Leader: Connecting Strategically to Coach, Inspire, and Get Things Done*** (Berrett-Koehler).