A good head and a good heart are always a formidable combination. --Nelson Mandela

**How Emotional Intelligence Levels Up Leadership**

"We all know that leadership isn't just about meeting goals or hitting targets. When we picture a good leader, we think of someone who is able to inspire, motivate, guide, support, and empathize ... They're able to connect with people on a deeper level. This requires emotional intelligence," describes health writer Sanjana Gupta. According to author and leadership coach Jerry Colona, emotional intelligence is "the ability to understand our own emotions, which in turn enables us to recognize and empathize with the emotions of others." Though it may sound simple in theory, it unleashes a fundamental difference in practice. A 2014 research study notes that the difference between a brilliant person and a brilliant leader is their emotional intelligence.

**Be The Change:**

Practice some of the emotional intelligence skills outlined in the article: cultivate self-awareness, pause before reacting, listen actively, seek feedback, adapt your communication style, and more.