

JFK's EQ Assessment

Discover where you stand on key leadership skills by exploring JFK's emotional intelligence through our comprehensive profile. Uncover the traits that shaped his leadership and gain insights to enhance your own emotional intelligence and leadership impact.



ASSERTIVENESS

is the ability to confidently express your thoughts, beliefs, and needs, even when they may not align with others' perspectives or the status quo



- **JFK wasn't afraid to speak his mind**
- **Challenged established norms**
- **Used his voice to make his position clear and defend his principles**
- **Set boundaries, stood up for his ideas, and inspired others**
- **Understood the power of words and the importance of managing the message**

EMPATHY

Empathy is defined as the ability to understand, recognize, and share the feelings of others. It involves deeply tuning in to another person's emotional state and responding with care and consideration.

JFK exemplified empathy in:

- **Taking intentional steps to connect and support others**
- **invested time to understand others' realities**
- **Offering reassurance and care**
- **He demonstrated genuine compassion for others' experiences**
- **Made people feel seen**
- **Built rapport and loyalty**
- **Made others feel understood and motivated to give their best**



INDEPENDENCE

Independence in emotional intelligence is about staying true to your own thoughts, feelings, and opinions, even when others may disagree or present opposing views.



JFK showed these traits:

- **Confidence in his beliefs**
- **Vision, regardless of external pressures**
- **Strong sense of self**
- **He stayed focused on his values and goals**
- **He encouraged his team to take ownership of their actions.**
- **Ensured that those around him had the freedom to act**

[Take Your Assessment Now](#)



HOW CAN YOU DEVELOP THESE SKILLS?

Assertiveness: Encourage respectful, open conversation, and use statements starting with I to take full responsibility. Test drive tough conversations.

Empathy: Build strong, trusting relationships with your team, effectively manage conflicts, and create an environment where people feel valued and understood. Ask others, what are your dreams & hopes. Let them know you care.

Independence: Build spaces for others to shine, lead an initiative, and start recording your lessons learned.

