



**DESIGN IDEAL  
CONSULTING**

# RELATIONSHIP INTELLIGENCE CHECKLIST FOR LEADERS

Relationship intelligence is a critical skill for leaders seeking to build strong, collaborative, and effective teams. Use this checklist to assess and enhance your ability to navigate team dynamics and foster meaningful connections.

## SELF-AWARENESS

- Do you understand your own communication style and how it impacts others?
- Are you aware of your key motivators and how they influence your decision-making?
- Do you regularly reflect on your strengths and areas for growth?

## UNDERSTANDING OTHERS

- Do you actively seek to understand the unique strengths and motivators of your team members?
- Can you identify when team members are disengaged or facing challenges?
- Do you adapt your leadership style to meet the needs of individual team members?

## COMMUNICATION SKILLS

- Do you listen actively and attentively without interrupting?
- Are you clear and concise when sharing expectations or feedback?
- Do you create opportunities for open and honest dialogue within your team?

## CONFLICT RESOLUTION

- Do you address conflicts directly and constructively?
- Are you skilled at facilitating discussions to find mutually beneficial solutions?
- Do you encourage a culture where team members feel safe to voice disagreements?

## BUILDING COLLABORATION

- Do you foster a sense of trust and mutual respect among team members?
- Are you intentional about creating opportunities for team-building and collaboration?
- Do you celebrate team achievements and recognize individual contributions?



## NEXT STEPS



**Reflect:** Review your responses and identify areas where you need improvement.



**Take Action:** Choose one area to focus on this week.



**Measure Progress:** Revisit this checklist in 30 days to track improvement.

**WANT TO ENHANCE  
YOUR LEADERSHIP SKILLS?**

Learn more about our [Results Through Relationship Intelligence](https://designidealconsulting.com) Training Session at [designidealconsulting.com](https://designidealconsulting.com) or contact us at [info@designidealconsulting.com](mailto:info@designidealconsulting.com).