

Emotional Health Level - Descriptors

From a leadership perspective at **Level 6**, you would see behaviours such as:

Perfectionistic

- ⊗ striving for standards that are nothing short of 'perfect' and rejecting anything that does not meet these

Avoiding

- ⊗ avoiding getting involved in order to stay out of trouble and conflict

Controlling

- ⊗ being openly oppositional and uncooperative, refusing to conform to others' expectations

Scattered

- ⊗ being frantically busy and unable to slow down

Self-Defeating

- ⊗ questioning the motives of others and tending to think the worst of people and situations

Isolated

- ⊗ indirectly undermining others by using your knowledge as a way of unsettling them

Self-Inhibiting

- ⊗ reacting, overanalysing, and imagining others' responses (or lack of them) are all about you

Opportunistic

- ⊗ constantly talking and bragging about yourself to let others know how good you are

Smothering

- ⊗ interfering in situations you could otherwise stay out of, as you believe that others cannot do without your help and constant support

From a leadership perspective at **Level 5**, you would see behaviours such as:

Perfectionistic

- ⊗ being highly structured and organising and managing your environment to ensure that everything is in the right place

Avoiding

- ⊗ being too obliging and giving in to others, even if it's not what you really want

Controlling

- ⊗ being blunt and to the point: just saying how it is going to be without factoring in others' feelings

Scattered

- ⊗ not liking to be limited, so being flippant and dismissive of rules and boundaries.

Self-Defeating

- ⊗ overthinking and getting anxious about situations and problems

Isolated

- ⊗ continuously thinking about and pondering other possibilities and ideas

Self-Inhibiting

- ⊗ having moods that are unpredictable and insisting others respect the delicacy of your feelings

Opportunistic

- ⊗ adjusting your behaviour to suit the particular context so others will think well of you

Smothering

- ⊗ overextending yourself, helping too many people and feeling burdened as a result

From a leadership perspective at **Level 4**, you would see behaviours such as:

Genuine Connection

- ⊗ complementing and admiring others so you will be recognised yourself

Adaptability

- ⊗ being so highly focused and goal driven that you put aside feelings to get the job done

Authenticity

- ⊗ wanting others to recognise and appreciate the qualities that are unique to you

Synthesis

- ⊗ focusing on a small number of areas to gain mastery and feel competent

Continuity

- ⊗ looking to others to validate that you are on the right path

Seeing Potential

- ⊗ ensuring that whatever you say is always framed in a positive light.

Courage

- ⊗ making choices quickly and confidently and rarely second guessing yourself

Balance

- ⊗ being calm, not easily affected by events and not hurried or pushed by yourself or others

Integrity

- ⊗ having a high set of ideals that you strive to meet at all times

From a leadership perspective. at **Level 3**, you would see behaviours such as:

Genuine Connection

- ⊗ being unselfish in sustaining and dignifying the lives of others

Adaptability

- ⊗ effortlessly communicating what you value in ways that inspire others and promote understanding

Authenticity

- ⊗ openly sharing what is personal and important to you in order to create greater understanding for everyone

Synthesis

- ⊗ synthesising data and ideas to create and discover something new and better

Continuity

- ⊗ staying on course despite difficulties, obstacles, or discouragement

Seeing Potential

- ⊗ having the capacity for high quality work and exemplary delivery of multiple tasks and projects.

Courage

- ⊗ seeing potential in others and fostering their development and progression

Balance

- ⊗ bringing people together and acting as facilitator in conflicts; finding common ground and solutions

Integrity

- ⊗ being directed by truth and justice in what is right for everyone

From a leadership perspective at **Level 2**, you would see behaviours such as:

Genuine Connection

- ⊗ having a heightened awareness of others' needs and responding with love and compassion

Adaptability

- ⊗ truly feeling you are of real value and are comfortable with who you are

Authenticity

- ⊗ experiencing an overwhelming feeling of wonder and admiration for the beauty in and around you

Synthesis

- ⊗ integrating the use of all your senses and providing great insight as a result

Continuity

- ⊗ trusting in your own ability to meet and deal with the challenges you face

Seeing Potential

- ⊗ inspiring others to joyously experience and engage with their own potential

Courage

- ⊗ appreciating that what is occurring around you is meant to happen and letting it happen

Balance

- ⊗ creating peace and harmony around you through your inner calm and tranquil presence

Integrity

- ⊗ valuing and respecting all diverse views and thoughts