



THE LEADERSHIP HEALTH CHECK™

Dr. Lakisha Elder



LEAD YOURSELF. INFLUENCE OTHERS.
FLOURISH TOGETHER. TRANSFORM CULTURE.

PURPOSE
PEOPLE
POSSIBILITIES

THE LEADERSHIP HEALTH CHECK™

How Healthy Is Your Leadership?

A 5-Minute Self-Assessment
to Discover Your Strengths,
Blind Spots & Next Growth Move



LEAD
YOURSELF FIRST



INFLUENCE
WITH INTEGRITY



FLOURISH
THROUGH RELATIONSHIPS



TRANSFORM
CULTURE



Dr. Lakisha Elder

MBA | D.Min. | EQ-i 2.0 & EQ-i 360 CERTIFIED COACH

POWERED BY THE L.I.F.T. LEADERSHIP MODEL

BEFORE YOU BEGIN

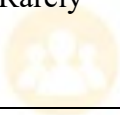
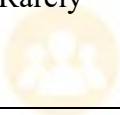
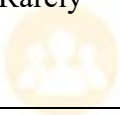
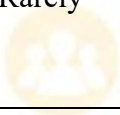
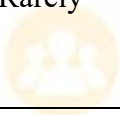
Healthy Leadership Starts Within

Leadership isn't measured only by your title, responsibilities, or results. It is also revealed through **how you understand yourself, manage your emotions, communicate, navigate relationships, and influence others.**

The Leadership Health Check™ is designed to help you pause and examine the leader you are consistently demonstrating—not simply the leader you aspire to become.

How to Complete the Assessment

Rate each statement according to how consistently it describes your leadership **today**.

Score	Response
1 	Rarely   
2 	Occasionally   
3 	Sometimes   
4 	Often   
5 	Consistently   

Important: Answer honestly. There are no perfect scores or perfect leaders. Your goal is awareness before improvement.

THE ASSESSMENT

1. Self-Awareness

How well do you understand yourself as a leader?

1. I recognize my emotional reactions and understand how they influence my leadership Decisions ____.
2. I can accurately identify both my leadership strengths and areas requiring development ____.
3. I seek and thoughtfully consider feedback that challenges how I perceive myself ____.

Self-Awareness Score: ____ / 15

2. Emotional Intelligence

How effectively do you manage yourself while understanding others?

4. I remain composed and intentional when experiencing pressure, frustration, or uncertainty ____.
5. I consider the emotions and perspectives of others before responding to challenging situations ____.
6. I adjust my communication and behavior appropriately without compromising my values ____.

Emotional Intelligence Score: ____ / 15

3. Communication

Does your communication create clarity, trust, and understanding?

7. I communicate expectations, decisions, and concerns clearly and respectfully ____.
8. I listen to understand rather than preparing my response while another person is speaking ____.
9. I create an environment where people feel safe asking questions, offering ideas, and expressing concerns ____.

Communication Score: ____ / 15

4. Conflict & Relationships

What happens to your leadership when relationships become difficult?

10. I address conflict directly and constructively rather than avoiding difficult conversations ____.

11. I can disagree with someone while preserving dignity, respect, and the working relationship ____.

12. I take responsibility for my contribution to relational tension and work toward healthy resolution ____.

Conflict & Relationships Score: ____ / 15

5. Leadership Influence

What happens in others because of your leadership?

13. My actions consistently reflect the standards and values I expect from others ____.

14. I influence others through trust, credibility, and integrity rather than relying primarily on authority ____.

15. I intentionally develop, encourage, and empower others to grow in their leadership capacity ____.

Leadership Influence Score: ____ / 15

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ONE MODEL. EVERY STAGE OF LEADERSHIP.

CALCULATE YOUR LEADERSHIP HEALTH

Record your five category scores:

Leadership Dimension	Score
Self-Awareness	___ /15
Emotional Intelligence	___ /15
Communication	___ /15
Conflict & Relationships	___ /15
Leadership Influence	___ /15
TOTAL LEADERSHIP HEALTH SCORE	___ /75

Now circle your **highest category**.

That's a leadership strength you can continue leveraging.

Next, circle your **lowest category**.

That's your Next Growth Move™.

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WHAT DOES YOUR SCORE REVEAL?

61–75 | THRIVING LEADER

You demonstrate strong leadership health across several critical dimensions. You likely possess meaningful self-awareness, relational effectiveness, and leadership influence.

Your challenge: Don't allow strength to become complacency.

Your next level may require refining weaker dimensions and intentionally multiplying your leadership through others.

Growth Focus: *Refine & Multiply*

46–60 | GROWING LEADER

You have a solid leadership foundation, but inconsistencies may be limiting your effectiveness in certain situations.

You probably know many of the right leadership behaviors. Your opportunity is making those behaviors more **consistent—especially under pressure.**

Growth Focus: *Strengthen & Practice*

31–45 | STRAINED LEADER

Your leadership capacity may currently be stretched.

Communication challenges, emotional pressure, unresolved conflict, competing demands, or relational difficulties may be affecting how you lead.

This score isn't a label. It's information.

Growth Focus: *Pause, Examine & Rebuild*

15–30 | LEADERSHIP RESET

Your results suggest an opportunity to strengthen the foundation of your leadership before focusing primarily on expanding your influence.

The starting point isn't leading more people.

It's leading yourself more intentionally.

Growth Focus: *Awareness & Self-Leadership*

YOUR NEXT GROWTH MOVE™

Now go back to your five category scores.

My strongest leadership dimension is:

The leadership dimension requiring my greatest attention is:

One behavior I need to START:

One behavior I need to STOP:

One behavior I need to CONTINUE:

If I improved this area over the next 30 days, what could change?

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Awareness identifies where you are. Intentional practice determines where you go next.



THE FINAL CTA

Your Assessment Was the Diagnosis.

Now Begin the Transformation.

You've identified your leadership strengths and your Next Growth Move™.

The next 30 days are about turning that awareness into intentional behavior.

LEAD FROM WITHIN™

30 Days to Greater Self-Awareness, Emotional Intelligence & Leadership Influence

The workbook will guide you through reflection, learning, practice, and measurable leadership growth.

Take the next step! Lead From Within™ [30-Day Leadership Transformation](#)

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