



INTRODUCTION TO EMOTIONAL INTELLIGENCE





WHAT IS EMOTIONAL INTELLIGENCE?

Emotional intelligence (EI), is a set of skills that help us recognize, understand, and manage our own emotions as well as recognize, understand and influence the emotions of others.

WHAT IS EMOTIONAL INTELLIGENCE?

EQ (or EI) is the human ability to recognize, understand, exploit, and manage one's emotions in positive ways. Leaders with high EQs are less stressed, better communicators, more empathetic, and more easily overcome challenges. Moreover, they know precisely how their mental state influences the emotional reactions of those around them.

The effectiveness of emotional intelligence in leadership is no small thing, it is a primary concern in climbing the corporate ladder as technical skills only go so far. The actual difference between a good leader and a brilliant one is the emotional element. This article looks at the five core components of emotional intelligence for professional growth.



DANIEL GOLEMAN'S EQ THEORY IS BUILT ON
FIVE CORE COMPONENTS:

EMPATHY

EFFECTIVE COMMUNICATION OR SOCIAL SKILLS

SELF-AWARENESS

SELF-REGULATION

MOTIVATION

BENEFITS OF EQ

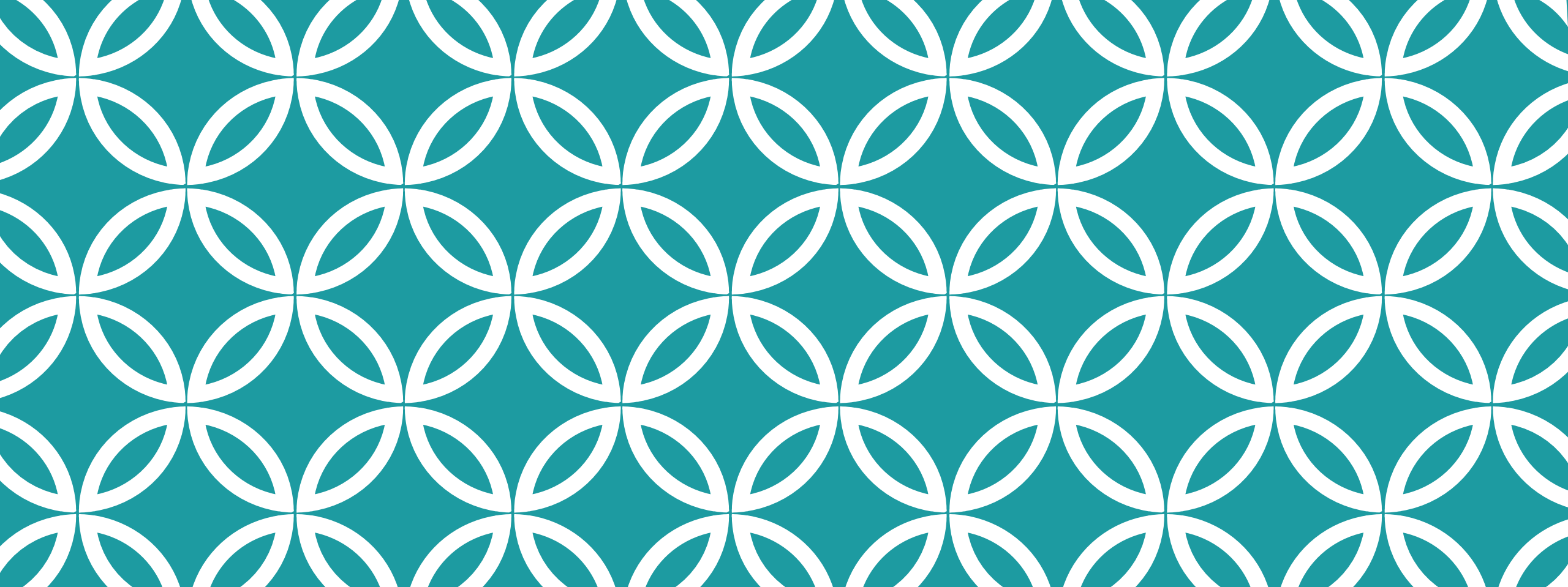
1. Sociable managers carry more persuasive influence
2. Cultivates an awareness of yourself and your team members
3. Adept at both conflict and relationship management
4. Enhanced social awareness
5. Better leadership and mentorship for helping develop rising talent
6. Expert at collaboration and cooperation



WHICH WOULD HELP
RIGHT NOW? WHO? WHY?



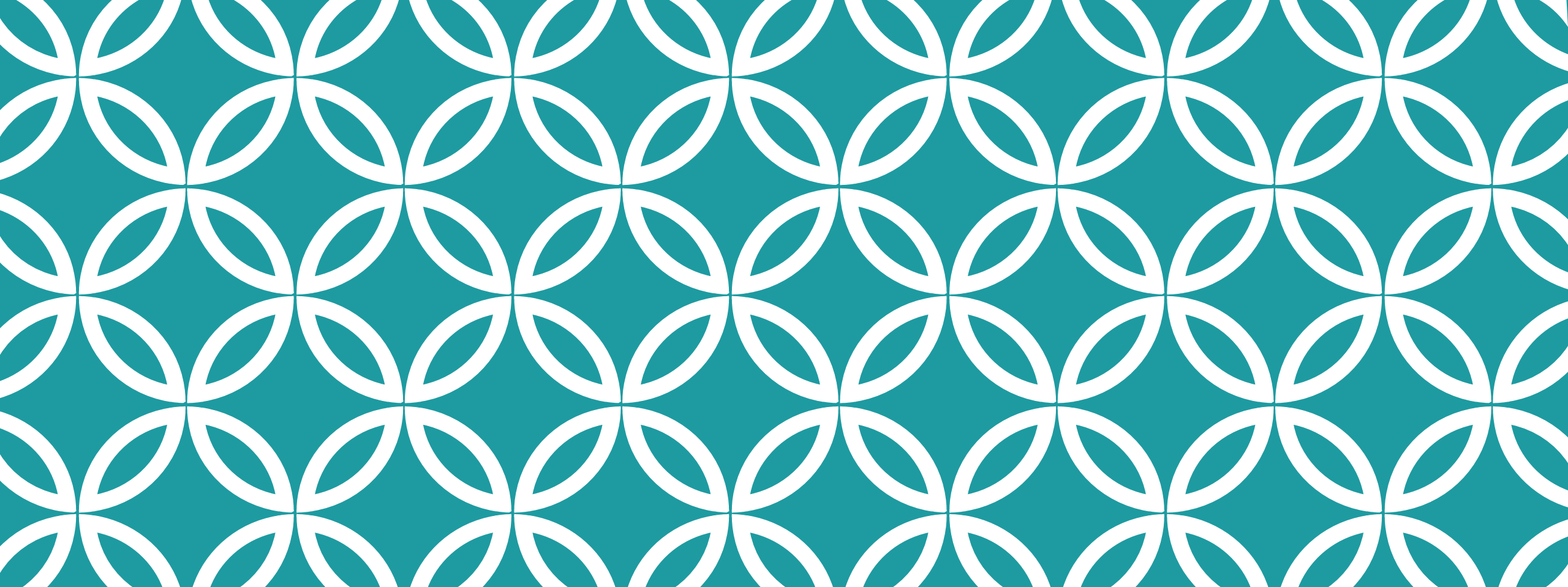
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EMPATHY |

7 EMPATHY-BUILDING STRATEGIES

1. Start listening to others more without interrupting
2. Put yourself in someone else's shoes, especially during a disagreement
3. Recognize and show your appreciation for your team members
4. Be open to sharing your feelings where appropriate
5. Volunteer for a role in a worthy cause, e.g., a community project
6. Practice loving-kindness meditation or mindfulness
7. Work on your body language and reading that of others

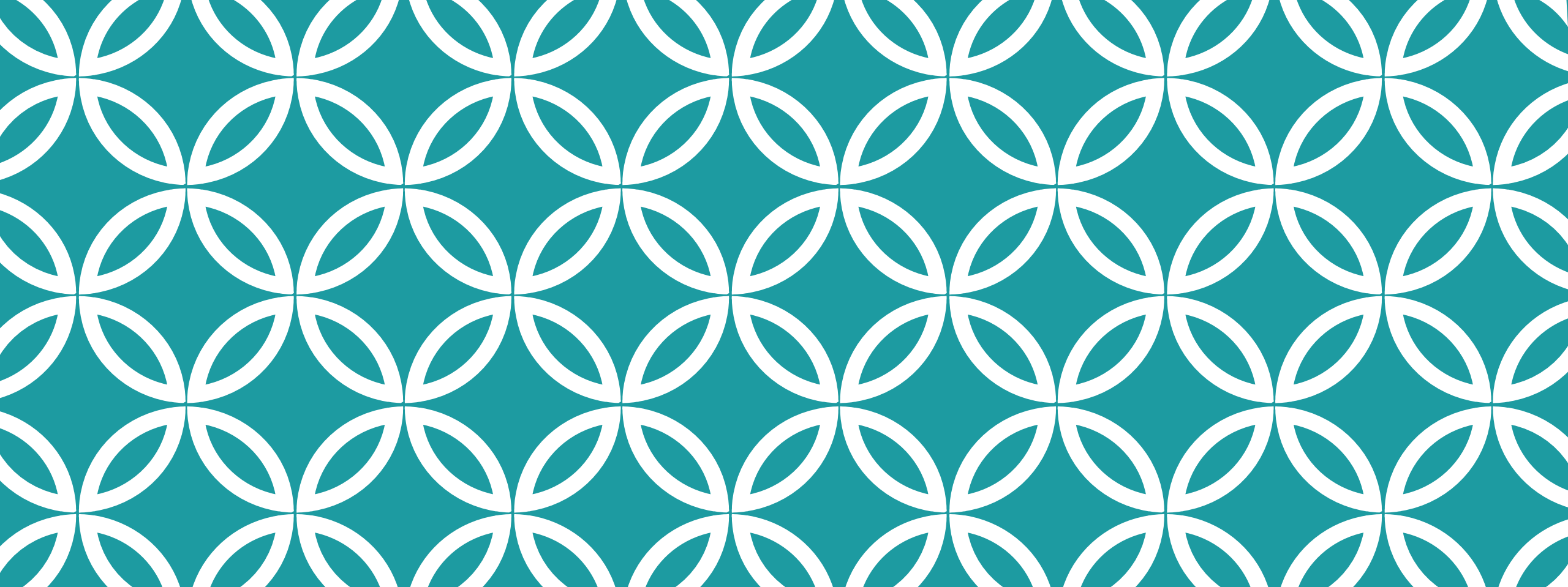


SOCIAL SKILLS



7 EQ STRATEGIES THAT IMPROVE SOCIAL SKILLS

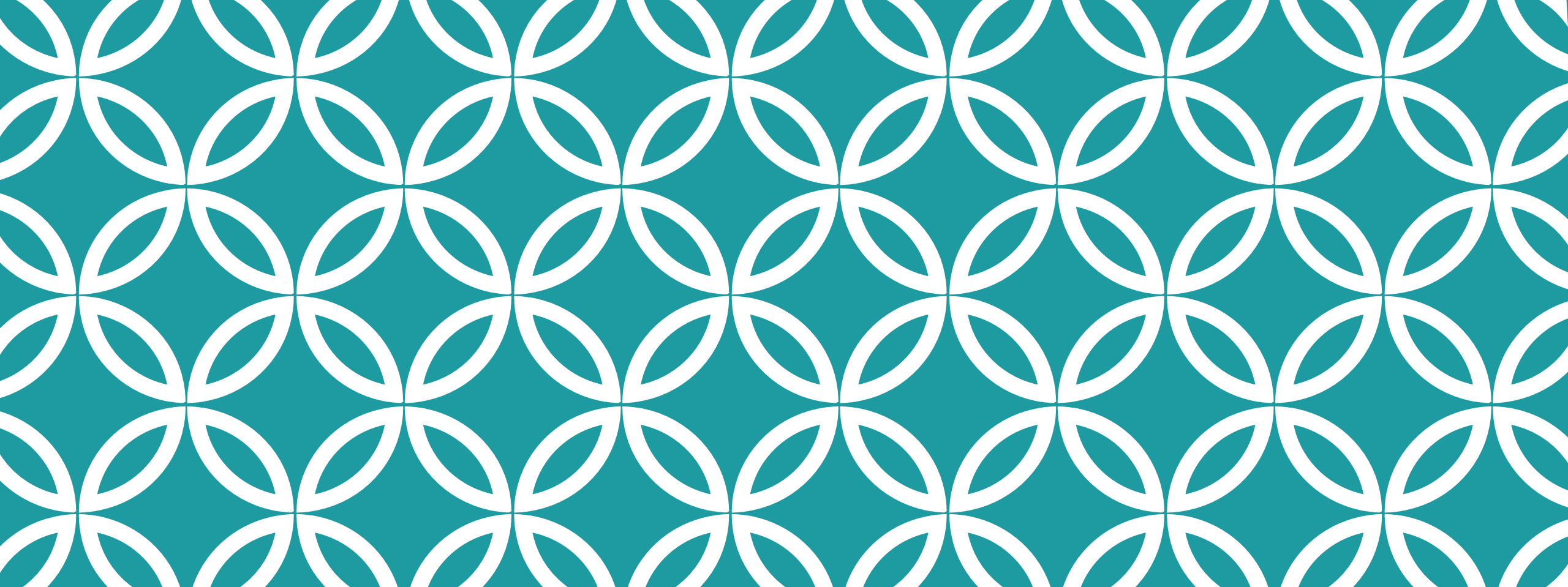
1. Show interest in other people
2. Enhance verbal and non-verbal (body language) communication skills
3. Observe and learn from the social skills of others
4. Practice confident eye contact
5. Ask open-ended questions (cannot be answered with a yes/no)
6. Develop a repertoire of icebreaker questions to start conversations
7. Listen more and practice active listening



SELF-AWARENESS |

7 EQ STRATEGIES TO DEVELOP SELF-AWARENESS

1. Be mindful of your strengths, weaknesses, thoughts, and emotions
2. Identify your triggers to help manage your own emotions
3. Keep a journal so you can reflect and learn from your experiences
4. Consider how your actions affect those around you
5. Use positive self-talk
6. Develop a growth mindset
7. Take psychometric tests, work with a coach or therapist

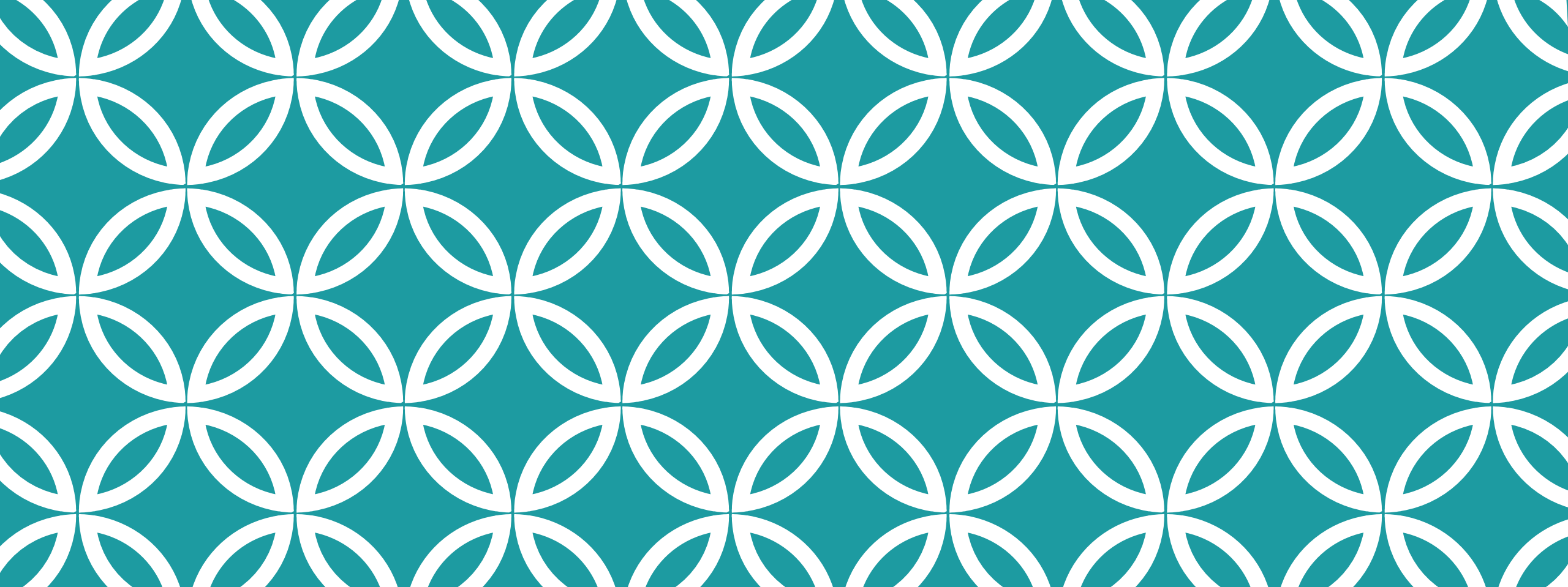


SELF-REGULATION



7 STRATEGIES FOR SELF-REGULATION DEVELOPMENT

1. Be attentive to your thoughts and feelings
2. Learn to accept your emotions and become more emotionally resilient
3. Develop distress tolerance skills to handle negative emotions
4. Learn to view every new challenge as an opportunity
5. Know that there is always a choice on how you respond
6. Prepare to take responsibility for your actions
7. Stay mindful of your moral values while leading your team



SELF-MOTIVATION



7 STRATEGIES TO DEVELOP SELF-MOTIVATION

1. Set small, measurable, and realistic goals
2. Introduce interesting challenges to keep up momentum
3. Celebrate incremental achievements as well as end goals
4. Find intelligent ways to turn obstacles into opportunities
5. Be mindful of your role as a leader and its direct effect on your team
6. Reflect on your progress and look for ways to do better
7. Be open to change