



Emotional Intelligence

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1 Introduction

Emotional intelligence is defined as the ability to recognize, understand, and regulate your own emotions as well as to understand and influence those others. It involves being aware of how emotions affect people's behaviour and can have both beneficial and negative consequences (Keiling, 2022).

2 Emotional Intelligence Development

1. Self Awareness – Who you are, happy, motivation
2. In self Control – Emotional strategy
3. Motivations – Maintaining a grow mindset.
4. Empathy – Be active listener.
5. Build Social Skills – Collaboration, resolving conflict in workplace.

3 How to control E I

Eliminate emotions doesn't mean Emotional Intelligence but understand and controlling emotions responses so that they are appropriate and productive. To control my Emotional Intelligence, I need to recognize and naming the emotions. Identify what I am feeling and why I am feeling. In other hand, reflection and feedback from other people help me to provide insight to these patterns (Mayer, and Caruso, 2004).

4 Factors

In my case, the factors that influence the control of EI are self-control, motivation, certain noisy environments, and biological factors such as the nervous system, self awareness, self regulations, empathy. Some briefing exercise and do some silence, help me improve Emotional Intelligence.

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Source:

<https://www.morganking.co.uk/blogposts/emotional-intelligence-in-the-workplace/>

6 Actions

From time to time I reflect on the emotions I felt and analyse why I felt that way. I meditate, praying and giving thanks for everything that made me feel good and what made me feel bad. I strongly believe that it serves as a learning experience that helps me grow. Communication or feedback from the people closest to me also contributes a lot.

7 Conclusion

Emotional intelligence varies from person to person and is a vital competence that integrates vital and emotional awareness. To develop EI, self-assessment, reflection, and mindfulness are necessary in building empathy for effective communication. I also say that emotional intelligence is not just an academic concept, but a practical framework for improving connections between people for success in professional contexts, it's help to manage stress (Landry, 2020).

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Reference List

- <https://www.morganking.co.uk/blogposts/emotional-intelligence-in-the-workplace/>
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