



EMOTIONAL INTELLIGENCE

"If you are tuned out of your own emotions, you will be poor at reading them in other people."- Daniel Goleman

This presentation will discuss how emotions may impact emotional intelligence by addressing the following:

How can someone develop emotional intelligence?

By reflecting on my experiences, I shall discuss how I control my own emotions and develop mindfulness as a student.

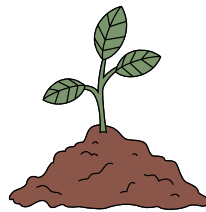
Factors that attribute to success towards my studies.

Actions to address specific emotional intelligence challenges



Developing Emotional Intelligence

- Being mindful reflecting on your emotions & regularly take time to think about emotional experience, identify patterns,
 - Self awareness reflecting on emotions, knowing your strengths & weaknesses (Goleman, 2007; Serrat, 2017)
 - Emotional regulations staying calm and collective under pressure
 - Empathy actively listen and consider other's perspective



Promotes a Growth Mindset as a student

- Positive talks
- Being prepared and organised
- Meditation
- Swimming/ exercise
- focus on end goal
- Reading about how best to manage emotions



Your paragraph text Increases Happiness and Life Satisfaction

- A strong support system in place
- A desire to make my parents proud (Tsai, M-Y., 2025)
- Desire to return to my origins and make improvements in my motherland



Actions to address challenges

- Actively seeking medical help to ensure physical health is improved so I can go to Uni independently
- Surround myself with positive people and surroundings



References:

Goleman, D. (2007) 'The emotional intelligence of leaders', Available at: <https://doi.org/10.1002/ltl.40619981008>.

Serrat, O. (2017) 'Understanding and Developing Emotional Intelligence', DOI:10.1007/978-981-10-0983-9_37.

Tsai, Min-Ying. (2025) 'The Literature Review of Emotional Intelligence, Well-Being, and Learning Strategies for Gifted Students', DOI: 10.5772/intechopen.1011429.

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