

Developing Emotional Intelligence Skills
C1- Individual Poster Presentation
Lecture: Nishi Ramsurrun

Introduction

What is Emotional Intelligence?
Emotional intelligence means understanding and managing our emotions. It help us make better decision, build good relationship and achieve our goals.

Emotional Intelligence in Academic Success

- **My journey**
- I did not finish at secondary back home
- Now, i'm studying at university while working and looking after my family
- Sometime, i feel stressed and want to give up my study
- But i keep going because i am motivated

What to help me:

- Set small goals and make a plan
- Ask for help when i need it
- Believe in myself

Method

- Applied by my own experience

Personal Reflection

before- my challenges:

- I lost my mum when i was 9 years
- I looked after my three youger siblings alone

Now- my current life

- i moved to Manila and worked as nanny house keeping at age of 12.
- My employer introduced me to my husband.
- He brought me in London.
- I now have two children.
- I am studying at university while working and raising my family.

My current challenges

- I am the only working because my husband is not working.
- It is hard to balance work,family and study
- Sometimes I feel very stessed and want to give up.
- But I remind myself: I can do this.

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Emotional Awareness

How emotional affect me:

- Stress, worry and tiredness can change how we think and decide.
- It can make me feel less confident and less focused.
- **What helps me:**
- Pause and take a deep breath.
- Think before i react
- Stay calm and positive.

Conclusion

My personal experience has taught me to be strong and never give up easily.
I know that studying while working and raising children is not easy,but i believe in my self. i can do this for a better future not only for my self, my children future as well.
My message is: Believe in yourself, stay strong,and never give up on your dreams.