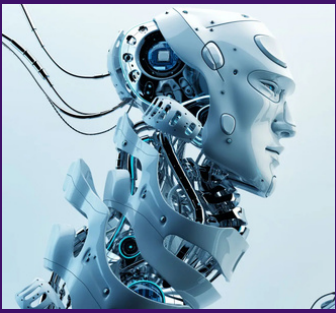




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DEVELOPING EMOTIONAL INTELLIGENCE

Introduction

Emotional Intelligence (EI) refers to the ability to recognise, understand, manage, and use emotions effectively in ourselves and others. It helps individuals build stronger relationships, make better decisions, and handle stress more effectively.

According to Daniel Goleman, emotional intelligence is a key factor in personal and professional success.

Ways to Develop Emotional Intelligence

- ✓ Practice self-reflection – regularly think about your emotional responses
- ✓ Develop active listening skills – pay attention to others' feelings
- ✓ Manage stress effectively – use techniques such as mindfulness or deep breathing
- ✓ Ask for feedback – learn how others perceive your behaviour
- ✓ Improve empathy – try to understand different perspectives

Real-Life Applications

Emotional intelligence is useful in:

- Workplaces – leadership, teamwork, conflict management
- Education – collaboration and communication
- Personal life – healthy relationships and emotional wellbeing

Key Components of Emotional Intelligence

- Self-Awareness
 - Recognising your own emotions
 - Understanding how emotions affect behaviour
- Self-Regulation
 - Managing emotional reactions
 - Staying calm under pressure
- Motivation
 - Using emotions to achieve goals
 - Maintaining optimism and resilience
- Empathy
 - Understanding other people's emotions
 - Responding appropriately to others
- Social Skills
 - Communicating effectively
 - Building strong relationships

Conclusion

Developing emotional intelligence helps individuals understand emotions, build relationships, and manage challenges effectively. By practicing self-awareness, empathy, and emotional regulation, people can improve both their personal wellbeing and professional success.

Why Emotional Intelligence is Important

Developing emotional intelligence can help individuals:

- Improve communication and teamwork
- Build stronger relationships
- Reduce conflict and stress
- Enhance leadership abilities
- Improve decision-making

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