

Developing Emotional Intelligence Skills

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Introduction

Emotional Intelligence is the ability to the ability to recognise, understand, and manage your own emotions while also being able to recognise the emotions of others. According to Daniel Goleman, emotional awareness is vital for building strong relationships and making active decisions

Method

This poster was developed by researching journal articles, academic books, and reliable online sources about emotional intelligence and mindfulness.

Questions

1. How can someone develop emotional intelligence?

Answer: Through practises such as empathy, self-awareness, motivation and social skills.

2. What factors can be accounted for succeeding in your studies and what actions can be taken to address specific emotional intelligence challenges while completing your studies?

Answer: Strong motivation and clear goals, Effective time management and being resilient

Actions to Address Emotional Intelligence Challenges:

- Create study schedules and prioritise tasks
- Improve communication and empathy skills
- Set achievable goals



References

- Daniel Goleman (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*.
MindTools. (2023). Emotional Intelligence Skills.
NHS. (2022). Mindfulness and Mental Wellbeing.