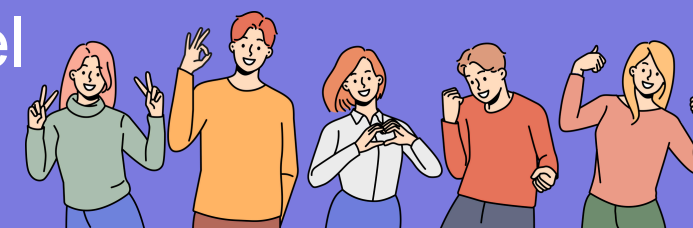


"If you are tuned out of your own emotions, you will be
poor at reading them in other people." — Daniel
Goleman



Baer, R.A. (2003) 'Mindfulness training as a clinical intervention: A conceptual and empirical review', *Clinical Psychology: Science and Practice*, 10(2), pp. 125–143.
Goleman, D. (1998) *Working with Emotional Intelligence*. New York: Bantam Books.
Kabat-Zinn, J. (2018) *Wherever You Go, There You Are: Mindfulness Meditation for Everyday Life*. New York: Hachette Books.
Mindful.org (2023) Mindfulness practices for everyday life. Available at: <https://www.mindful.org> (Accessed: 18 October 2025).
Schutte, N.S., Malouff, J.M., Hall, L.E., Haggerty, D.J., Cooper, J.T., Golden, C.J. & Dornheim, L. (1998) 'Development and validation of a measure of emotional intelligence', *Personality and Individual Differences*, 25(2), pp. 167–177.
Verywell Mind (2023) How to develop emotional intelligence. Available at: <https://www.verywellmind.com> (Accessed: 18 October 2025).

1 INTRODUCTION

Emotional intelligence helps us understand our feelings, manage stress, and work well with others. This is especially important for me as a full-time chef who studies on weekends, where balancing both roles can be challenging. This poster explores what emotional intelligence is, how it can be developed, and how I use emotional awareness and mindfulness to support my learning while managing a busy working life.

2 HOW EMOTIONAL INTELLIGENCE CAN BE DEVELOPED

- Self-awareness
- Self-management
- Social awareness
- Relationship management (Goleman, 1998).

People improve EI by paying attention to their emotions, recognising their triggers, and choosing calm responses instead of automatic reactions.

Techniques like:

- mindfulness,
- journaling,
- reflection and
- asking for feedback help people understand themselves better and manage stress more effectively.

Practising empathy, active listening, and clear communication also builds stronger social and relationship skills. In a fast-paced environment like a kitchen, EI naturally develops through teamwork, pressure, and constant communication.



3 CONTROLLING MY EMOTIONS AND DEVELOPING MINDFULNESS AS A STUDENT

As a full-time chef who studies on weekends, emotional control is essential. After work, I take a short break before studying so I can calm down and avoid bringing kitchen stress into my learning. Simple mindfulness routines such as:

- breathing exercises,
- stretching
- listen music or
- a quiet moment before starting — help me focus and stay present.

When studying feels overwhelming, I pause and return once I am calmer. Creating a clean, organised study space helping me feel more in control. These habits support my concentration and make studying more effective. (Kabat-Zinn, 2018)

4 FACTORS SUPPORTING MY STUDY SUCCESS & ACTIONS FOR EI CHALLENGES

Factors:

- Planning my study time in advance, especially around my chef shifts
- Breaking assignments into small, manageable steps
- Setting realistic goals for each study session
- Studying when I feel most rested and focused
- Creating a calm, organised study space
- Having support from tutors and classmates when needed
- Staying motivated by reminding myself why I'm studying

Actions:

- Taking short breaks when I feel tired or stressed
- Resting before studying if work has been emotionally draining
- Using mindfulness or deep breathing to calm my mind
- Reflecting on my emotions to understand what triggers stress
 - Adjusting my study plan when I feel overwhelmed
 - Asking for help instead of trying to handle everything alone
- Keeping a positive attitude and staying patient with myself