

Lecturer:

What is it?

Emotional intelligence(EI) is The capacity to recognize, comprehend, and manage one's own emotions as well as relationships is termed emotional intelligence.

Why is it important?

The ability to deal with the challenges of life depends on the emotional intelligence that an individual has. (Frothingham, 2024).



Signs of **low/high** EI:

Lack of emotional control
communication

Lack of social skills

Lack of motivation

Lack of understanding

Great

Self- motivated

Very sociable

Not judgemental



Emotional Intelligence

Characteristics of EI:

Self-awareness(**being aware of your own and others' emotions and how it can affect each other.**)

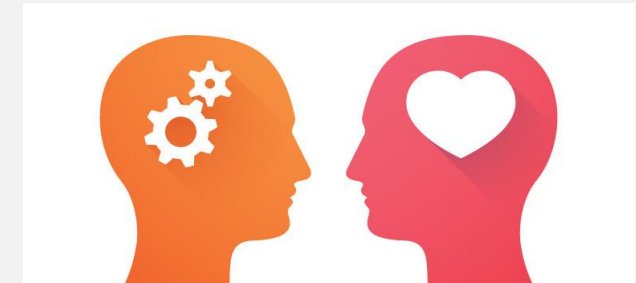
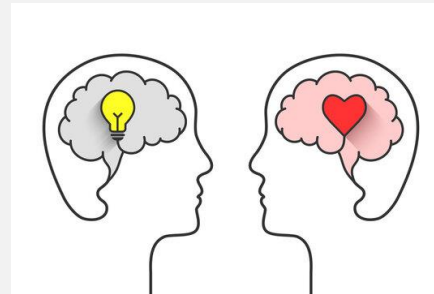
Motivation(**A drive to allows yourself and others pursue short or long-term success**)

Empathy(**The ability to relate to others on a personal or professional level**)

Social skills(**Great communication and peacekeepers**)

Accountability (**Taking responsibilities for their own actions and accepting responsibility**)

(Cherry, 2023).



References:

Cherry, K. (2023). *5 Key Components of Emotional Intelligence*. [online] Verywell Mind. Available at: <https://www.verywellmind.com/components-of-emotional-intelligence-2795438>. (Accessed 19 of March 2026).

Frothingham, M.B. (2024). *Emotional Intelligence: Definition, Components & Examples*. [online] Simply Psychology. Available at: <https://www.simplypsychology.org/emotional-intelligence.html>. (Accessed 13 of March 2026)