

Finding Calm in Chaos: My Path to Emotional Awareness

Introduction

Emotional Intelligence (EI) is the ability to understand and manage emotions in ourselves and others (Goleman, 1995).

It plays an important role in personal growth, communication, and learning success.

This poster explores how EI can be developed through self-awareness, mindfulness, and reflection. It also presents my personal experience as a student — how I manage emotions, face challenges, and grow through emotional awareness.

Method: This poster is based on academic research and personal reflection on how emotional intelligence can be developed and applied.

Section 1 – How to Develop Emotional Intelligence

Emotional Intelligence (EI), or Emotional Quotient (EQ), is the ability to recognise, understand, and manage our own emotions and those of others (Salovey & Mayer, 1990).

Goleman (1995) identified five key elements of EI: self-awareness, self-regulation, motivation, empathy, and social skills.

EI can be developed through practice, mindfulness, and reflection.

Individuals can strengthen their EI by:

- 🌱 Increasing self-awareness: recognising emotions and triggers.
- 🧘 Practising self-regulation: staying calm and in control.
- 🔥 Strengthening motivation: maintaining focus and positivity.
- ❤️ Developing empathy: listening and understanding others.
- 🗨️ Building social skills: communicating effectively and managing relationships.

Over time, these practices support emotional growth, balance, and resilience in both personal and academic life.

Finding calm starts with understanding our emotions 🧡.

Conclusion

Developing emotional intelligence has helped me become more self-aware, calm, and confident as a student and as a person.

I have learned to recognise my emotions, face challenges with strength, and stay positive in difficult moments.

Emotional intelligence is a continuous journey — every experience teaches me to grow, understand others, and believe in myself.

Every challenge is a chance to grow emotionally and become stronger 🌱.

Section 2 – Personal Reflection

At the beginning of my studies, I had a real fear of speaking in front of people. During my first presentation, I was so nervous that I started to cry. It was very difficult for me, but I didn't give up.

Over the past year, I have done many presentations. The fear is still there, but I have learned to control it. Before speaking, I take a deep breath and imagine that I am alone by the sea. This helps me feel calm and focused.

Through this experience, I have developed better self-awareness, emotional control, and mindfulness.

I am learning to turn fear into focus 🧡.

Section 3 – Factors for Success and Challenges

Several emotional and personal factors influence my success as a student.

My main motivation for success is my daughters. I want them to feel proud of me and to learn that it is never too late to study and follow your dreams. Their love and support give me strength and purpose every day.

I also carry in my heart the memory of my father. I imagine him watching me with pride, and this gives me courage to continue. In life, age or gender do not matter — what matters is to work hard, keep trying, and never give up.

Trying is never a failure; every effort becomes new strength. Even when I feel stressed or afraid, I practise mindfulness and stay focused on my goals. Through this, I have learned that motivation, emotional balance, and self-belief are the keys to success.

Motivation and love are my strongest emotional strengths 🧡.

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