

STUDENT NUMBER :2312687

NAME: Sonia-Lenuta Vinturache

MODULE CODE: LCLM5006

**MODULE NAME: Developing
Emotional Intelligence Skills**

LECTURER NAME: Kazeem Oseni

How can someone develop Emotional Intelligence

Develop self-awareness

- Recognise and understand your emotions
- Keep a journal or reflect on your feelings

Practice self-regulation

- Control impulsive reactions and emotional responses

Pause and think before reacting in stressful. (*David Rev*





Zeidner, M., Matthews, G. and Roberts, R.D.
(2012). *What We Know about Emotional
Intelligence*. MIT Press.

REFERENCES

REFERENCES.

David Rewayi Mpunwa (2020). *Emotional Intelligence and Stress Management at the Workplace*. GRIN Verlag.

Clayton, M. (2011). *Brilliant stress management : how to manage stress in any situation*. Edinburgh: Pearson Education Ltd.

Jiang, Y., Li, M., Pengjiang William Qian and Sun, Y. (2023). *Emotion recognition using brain-computer interfaces and advanced artificial intelligence*. Frontiers Media SA.

Linda Wasmer Andrews (2004). *Emotional intelligence*. New York: F. Watts.

