

Strengthening Emotional Intelligence: A Path to Personal and Professional Growth



Figure 1. MSCEIT EI Framework (Psysoft, 2024)

Emotional intelligence can be defined as “the ability to recognise the meanings of emotion and their relationships, and to reason and problem-solve on the basis of them”. It is involved in the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manage them (Mayer, Salovey and Caruso, 2004; Mayer, 2006).

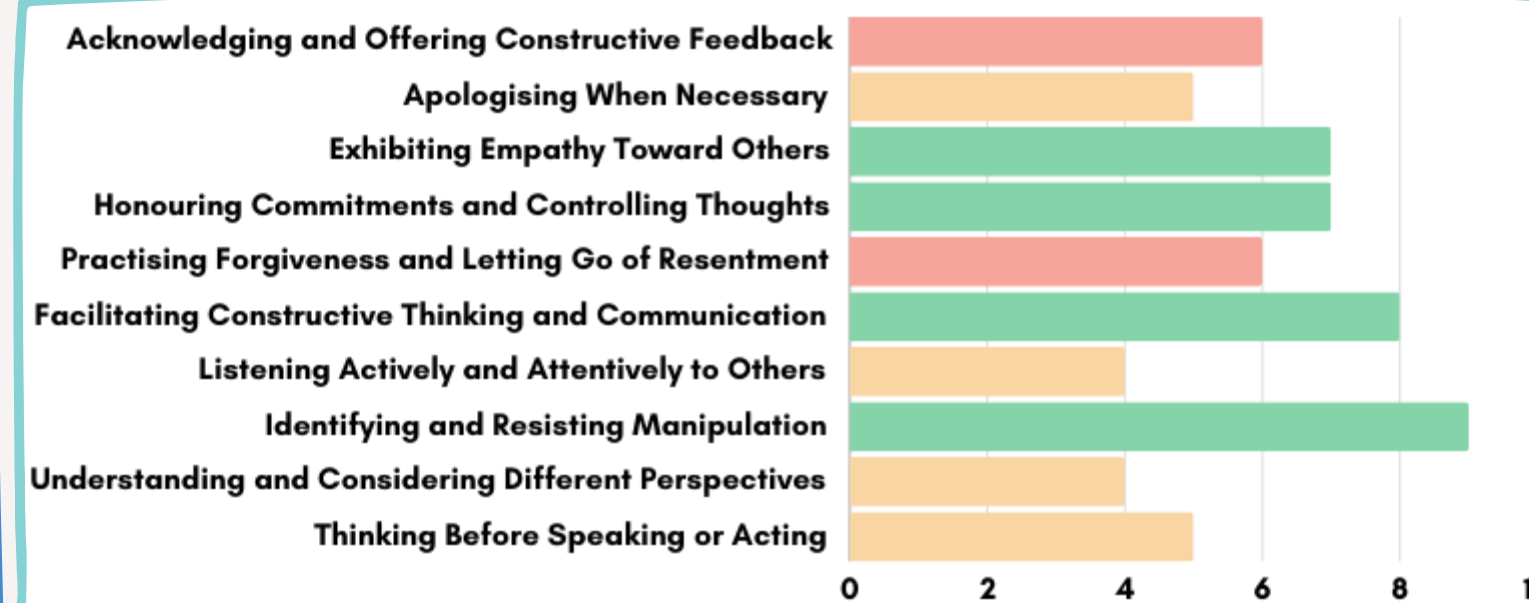
Emotional intelligence has far-reaching applications across various domains. It (Zeidner, Matthews and Roberts, 2004; Dacre-Pool and Qualter, 2018; Baranidharan and Dhakshayini, 2024):

- Enhances self-awareness, facilitating individuals’ ability to effectively recognise and manage their emotions.
- Supports decision-making by aiding in emotional regulation and logical reasoning.
- Contributes to stress management and overall well-being, helping individuals maintain emotional balance and cope with challenges.
- Underpins effective communication and relationship management, fostering clear and empathetic interactions and facilitating conflict resolution.
- Strengthens leadership abilities, enhancing emotional awareness and regulation and promoting empathetic decision-making.
- Drives personal development through continuous reflection and emotional growth.



Self-assessment of my EI

Self-Awareness	Self-Management	Social-Awareness	Relationship Management
6	5	7	2



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PLAN

1 =
2 =

Plan for Enhancing My Emotional Intelligence

- 1 Acknowledgement of the Situation:** Recognition of areas requiring improvement and a commitment to their enhancement.
- 2 Increased Attention to Emotions:** Greater focus on identifying and understanding my emotions and behaviours and their triggers.
- 3 Inspiration from Others:** Observation of individuals with strong emotional intelligence and adoption of their effective strategies.
- 4 Taking the First Steps:** Initiation of the EI enhancement process through the gradual implementation of changes in my daily interactions and emotional responses.
- 5 Meeting New People:** Expansion of my social circle to include more frequent contact with individuals from diverse backgrounds.
- 6 Heightening my Willingness to Take Responsibility:** Emphasis on ensuring accountability for actions and decisions.
- 7 Building Stronger Self-Certainty and Confidence:** Strengthening self-belief by recognising achievements and trusting capabilities.
- 8 Empathy for Others’ Feelings:** Focus on exhibiting greater consideration of others’ emotions and providing thoughtful responses.
- 9 Frequent Engagement in Physical Activity:** Incorporation of regular movement to reduce stress and support emotional balance.
- 10 Writing it Down:** Usage of journaling practices to reflect on emotional experiences and track development.

The Benefits of Bolstering My Emotional Intelligence Span Across Various Fields (Stein and Book, 2011; Ingram et al., 2017)

- COMMUNICATION
- DECISION-MAKING
- PHYSICAL AND MENTAL HEALTH
- RELATIONSHIP MANAGEMENT
- RESILIENCE
- SELF-MANAGEMENT
- SOCIAL INTELLIGENCE
- WORK PERFORMANCE