

UNDERSTANDING EMOTIONS

DEVELOPING EMOTIONAL INTELLIGENCE SKILLS



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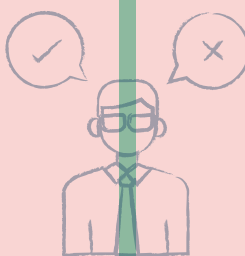
DEVELOPING EMOTIONAL INTELLIGENCE SKILLS LCLM5006
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INTRODUCTION

Daniel Goleman famously stated: 'If you are tuned out of your own emotions, you will be poor at reading them in other people.' This poster critically examines this assertion, exploring the intricate relationship between self-awareness and emotional intelligence (EI). Understanding our own emotional landscape shapes our ability to perceive and respond to the emotions of others.

METHODOLOGY

This poster synthesizes information from academic literature on emotional intelligence, focusing on Goleman's model. Personal reflections and experiences as a student are integrated to provide practical insights. The approach involves a critical review of existing research, combined with introspective analysis of emotional responses in academic settings.

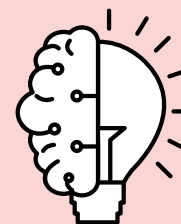


SELF-AWARENESS

- Journaling
- Mindfulness Meditation
- Seeking Feedback

SOCIAL SKILLS

- Active Listening
- Empathy Training
- Conflict Resolution



SELF-REGULATION

- Deep Breathing Exercises
- Cognitive Restructuring
- Time Management

EMPATHY

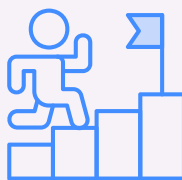
- Perspective-Taking
- Reading Body Language
- Understanding Cultural Differences

PERSONAL REFLECTION

As a student, managing emotions during stressful periods like exams or deadlines is crucial. Techniques such as deep breathing and short mindfulness exercises help in maintaining focus and reducing anxiety. Recognizing emotional triggers allows for proactive strategies to mitigate negative impacts on academic performance. Regular self-reflection enhances emotional control and promotes mindfulness.

SUCCESS FACTORS

- Strong Self-Awareness
- Effective Stress Management
- Positive Relationships with Peers and Instructors



ADDRESSING CHALLENGES

- Seeking Counseling or Therapy
- Participating in Emotional Intelligence Workshops
- Developing a Support System

REFERENCE LIST:

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- Erikson, T. (2019) *Surrounded by idiots: The four types of human behavior and how to effectively communicate with each in business (and in life)*. New York: St. Martin's Essentials.

