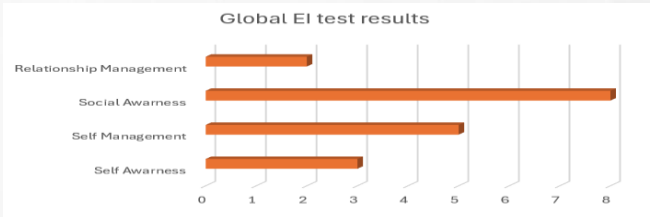


HARNESSING EMOTIONAL INTELLIGENCE FOR PERSONAL AND PROFESSIONAL GROWTH

In this poster, I will analyse most of important key areas of EI related to my results on Global EI test:

Self-Awareness	Self-Management	Social-Awareness	Relationship Management
3	5	8	2



Communication

Benefits of EI in Communication:

- Building Stronger Relationships;
- Communication strengthens relationships by fostering trust, resolving conflicts, and promoting collaboration;
- Effective communication allows me to express myself calmly and constructively, even under stress.

Communications skills:

- Acknowledge and give constructive feedback
- Active Listening

Improvements:

- Pause and reflect before responding
- Practice mindfulness and deep-breathing techniques
- Organize thoughts before speaking

Mental Health

Benefits of Ei in Mental Health:

- Stress management

Skills required:

- Empathize with others feelings

Improvements:

- adopt specific mindfulness practices, such as daily meditation, deep breathing exercises, and journaling to process emotions

Relationship Management at Work:

Benefits of EI in relationship management at work:

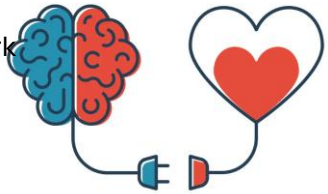
- Effective Communication
- Collaboration and Teamwork

Skills required:

- Active Listening
- Emphaty
- Conflict resolution

Improvements:

- improve my ability to communicate
- resolve conflicts
- collaborate
- build trust



Decision Making

Benefits of EI in Decision Making:

- Better judgment;

Decision-Making skills:

- Empathy and Perspective-Taking
- Critical Thinking

Improvements:

- adopt techniques such as emotional journaling to identify emotional triggers before making decisions
- practice pausing before reacting

Physical Health

Benefits of EI in physical health:

- manage stress,
- adopt healthy behaviors,
- build resilience

Skills required:

- Self-Awareness
- Adaptability
- Motivation

Improvements:

- Be open to new health strategies
- Set specific, achievable health goals
- Regular self-reflection or journaling

Work Performance:

Benefits of EI in work performance:

- workplace success
- high performance

Skills required:

- emotional regulation, empathy, and social awareness

Resilience

Benefits of EI on Resilience:

- Improved Stress Management
- Adaptability
- Conflict Resolution

Skills required:

- Emotional Control
- Self-Reflection

Improvements:

- Identify situations that cause stress and establish limits to manage them better
- Control impulsive emotions and behaviors, manage stress, and adapt to changing circumstances.



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