

Emotional Intelligence

Assignment: Poster Presentation

Module: LCLM5006

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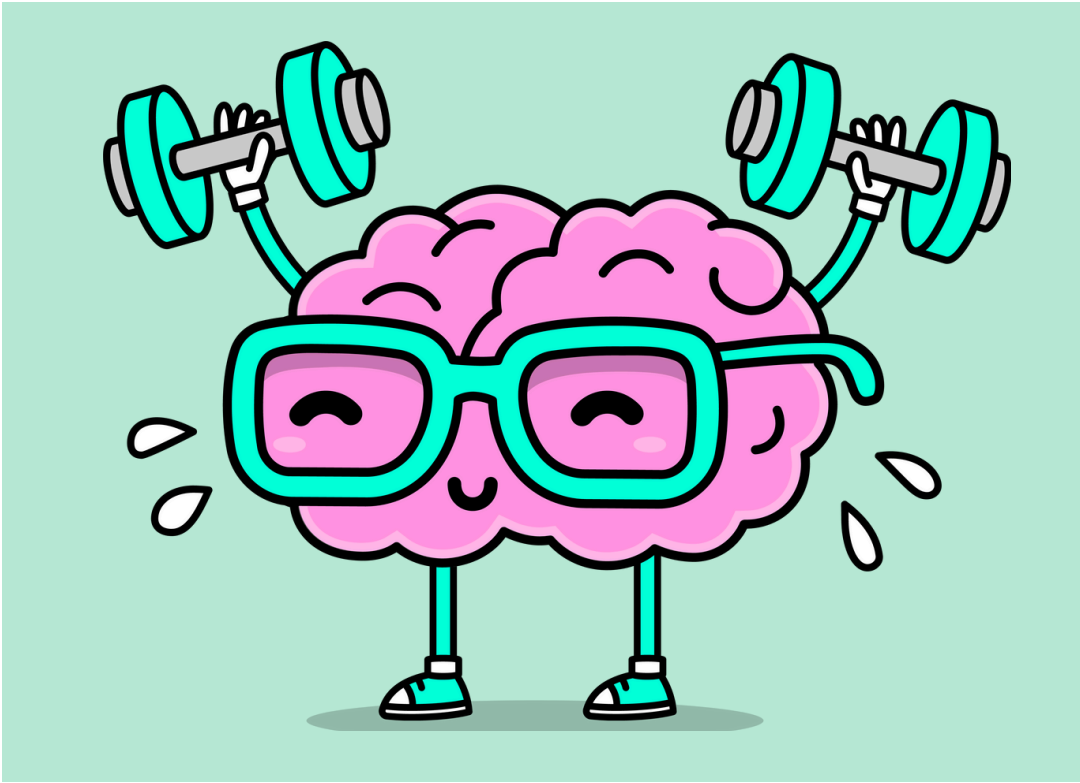
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Introduction

This poster critically examines the principle that competence in understanding and managing one's own emotions (self-mastery) is the essential precursor to all other Emotional Intelligence skills, particularly those involving social interaction.

"If you are tuned out of your own emotions, you will be poor at reading them in other people."

- **El Definition:** The capacity to perceive, use, understand, and manage emotions in oneself and others (Salovey & Mayer Model).
- **The Foundation:** Self-Awareness (identifying and understanding personal feelings) is the bedrock for Self-Regulation (managing emotional states).
- **The Mechanism of Control:** Emotional literacy provides the necessary "space" to choose a thoughtful response over an impulsive reaction, leading to positive outcomes.



Developing Emotional Intelligence (Q1)

How can someone develop emotional intelligence?

El is largely a **learned competency** that improves through deliberate practice across four key domains (Goleman's Framework).

Success Factors and Addressing EI Challenges (Q3)

High EI provides a significant advantage by supporting essential academic traits.

Success factors	EI Component Underpinning Success	Action to Address a Specific Challenge
Resilience	Self-Management (Bouncing back from setbacks).	Challenge: Fear of failure/Perfectionism. Action: Adopting a Growth Mindset—viewing poor grades not as personal failure, but as objective feedback for future improvement.
Organizational Skill	Self-Regulation (Delaying gratification).	Challenge: Interpersonal conflict in group projects. Action: Practicing Perspective-Taking to understand the team dynamic and leading with empathy to maintain working harmony.
Sustained Focus	Self-Awareness and Stress Management.	Challenge: High anxiety before presentations. Action: Employing a positive visualization routine to manage physiological stress responses before the event, improving performance.

Recognition/Awareness	
Self-Awareness Emotional self-awareness Accurate self-assessment Self-confidence	Social Awareness Empathy Organizational Awareness Service
Self-Management Emotional Self-Control Transparency Adaptability Achievement Initiative Optimism	Relationship Management Influence Inspirational Leadership Developing Others Change catalyst Building bonds Conflict Management Teamwork & Collaboration
Regulation/Control	

Controlling Own Emotions and Developing Mindfulness (Q2)

Mindfulness is the active development of self-awareness. It provides the "**space**" needed to choose our response.

- **Mindfulness Definition:** "Paying attention... on purpose, in the present moment and nonjudgmentally" (Jon Kabat Zinn)
- **Personal Control (Action):** I identify escalating stress before an emotional hijacking occurs (when emotion overrides reason, taking ~6 seconds) . My action is to use the **3-Minute Breathing Space** technique to interrupt the emotional surge and gain non-judgmental awareness of thoughts and body sensations
- **The Benefit:** Reduces rumination, improves sleep, and promotes resilient traits (e.g., seeing challenges as opportunities).

Conclusion

The development of Emotional Intelligence begins inward. By mastering our emotions through practices like **Mindfulness** and **Self-Regulation**, we build the stability and clarity required to perceive and engage with the emotions of others, which is vital for academic and professional success.

References

- Goleman, D. (1995). Emotional Intelligence.
- Kabat-Zinn, J. (Definition of Mindfulness).