

Key Findings

EI is linked to improved communication and relationship-building (Mayer, Salovey, & Caruso, 2004).
Higher EI is associated with better mental health and well-being (Schutte et al., 2007).
EI contributes to effective leadership and team performance (Goleman, 1998).

Self-Reflection: Benefits of EI:

Enhances self-awareness, leading to better decision-making (Goleman, 1995).
Facilitates better stress management and coping mechanisms (Mayer et al., 2004).

Personal Insights

Recognizing my emotional triggers has allowed me to respond more thoughtfully in challenging situations.
Developing empathy has improved my relationships both personally and professionally.

Skills Used:

Self-regulation: Managing emotions during stressful meetings.
Empathy: Understanding colleagues' perspectives during team projects.

Real-Life Examples:

Actively listening to a team member's concerns led to a more cohesive work environment.
Utilizing emotional awareness during negotiations resulted in a mutually beneficial agreement.

Strategies:

Engage in regular self-reflection practices to enhance self-awareness.
Participate in EI workshops or training to develop skills further.

Future Goals

Aim to improve conflict resolution skills by attending relevant seminars.
set a goal to mentor others in developing their EI to foster a supportive community.

Key Takeaways

- 1. - Emphasizing the importance of EI can lead to transformative personal and professional growth.
- 2. - By cultivating EI, individuals can enhance their relationships and overall life satisfaction.
- 3. - Encouragement for others to embrace and develop their emotional intelligence for a more fulfilling life.

References

Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. New York: Bantam Books.

Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.

Mayer, J.D., Salovey, P., & Caruso, D.R. (2004). Emotional intelligence: Theory, findings, and implications. *Psychological Inquiry*, 15(3), pp. 197-215.

Schutte, N.S., Malouff, J.M., Hall, L.E., Haggerty, D.J., & Cooper, J. (2007). The Assessing Emotions Scale. *Personality and Individual Differences*, 40(6), pp. 1123-1133.

Low Emotional Intelligence		High Emotional Intelligence
Aggressive Demanding Egotistical Bossy Confrontational		Assertive Ambitious Driving Strong-Willed Decisive
Easily Distracted Glib Selfish Poor Listener Impulsive		Warm Enthusiastic Social Charming Persuasive
Resistant to Change Passive Un-Responsive Slow Stubborn		Patient Stable Predictable Consistent Good Listener
Critical Picky Fussy Hard to Please Perfectionistic		Detailed Careful Meticulous Systematic Neat



My Emotional Intelligence in the work place

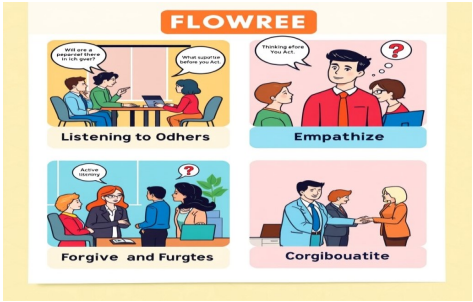
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"Emotional intelligence is the ability to recognize, understand, and manage our own emotions and recognize, understand, and influence the emotions of others" (Goleman, 1995).

Promote Mental well-being, open communication, social intelligence, relationship management at work 1.



Listening to others, thinking before you act, empathising, and knowing how to forgive and forget 2.



3.Confidence, taking the first step, showing empathy towards others, and taking responsibility, teamwork and motivation

4.Empathy, forgiveness, Active listening, and thoughtful communication in the work place, positive and collaborative environment.



5.Communication, decision-making, mental health, social intelligence and relationship management

