

Emotional Intelligence

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Introduction

Emotional Intelligence is being able to express your emotions clearly, enabling harmonious and effective outcomes with others. It is the ability to be aware of and express one's emotions in a controlled manner and to deal with interpersonal relationships with empathy (moodle, 2025). If your emotions are not under control, if there is no self – awareness, if one cannot manage negative emotions, and if you don't have empathy and effective relationships, then you will not go far, no matter how smart you are Goleman,D (1996)

Development

The development of Emotional Intelligence begins with oneself. Know yourself is the phrase that comes to mind. The key is to tune in to one's own feelings, to choose and draw on them to guide behaviour.(Gardener, H)

Reflections

It is important to be aware of and regulate emotions so that the appropriate responses are given. One must be mindful of oneself and surroundings This will enhance social skills and awareness.

Factors

To succeed in developing Emotional Intelligence it is necessary to be mindful of self. Tune into and control one's emotions enabling better communication. Have empathy which is the ability to respond to the temperament, motivations and desires of others Gardener, (1983} To succeed in studies it is necessary to consider the moods and feelings of fellow students



Image: moodle (2025)

Actions

Time management will be a major part of studies in order to make operations easier. Mindfulness will increase concentration and focus and interaction with others. Think first, look at the options and consider a response with the intention of making any situation better. In any situation, this would take place in seconds

Conclusion

It is clear that no one is born with Emotional Intelligence, it has to be developed by the individual through time and experience. Learning how to control one's emotions (self), begins by recognising them, the different responses available and choosing the most appropriate action. No response is better than a bad response, sometimes it can be better to walk away from a negative situation.

References

- Goleman, D.(1996) *Emotional Intelligence: Why It Can Matter More Than IQ*. London: Bloomsbury Publishing
Gardener, H. (1983) *Frames of Mind: The Theory of Multiple Intelligences*
Moodle, wk1, slide9, Oct, 2025
Moodle image, wk1, slide 8, Oct 2025