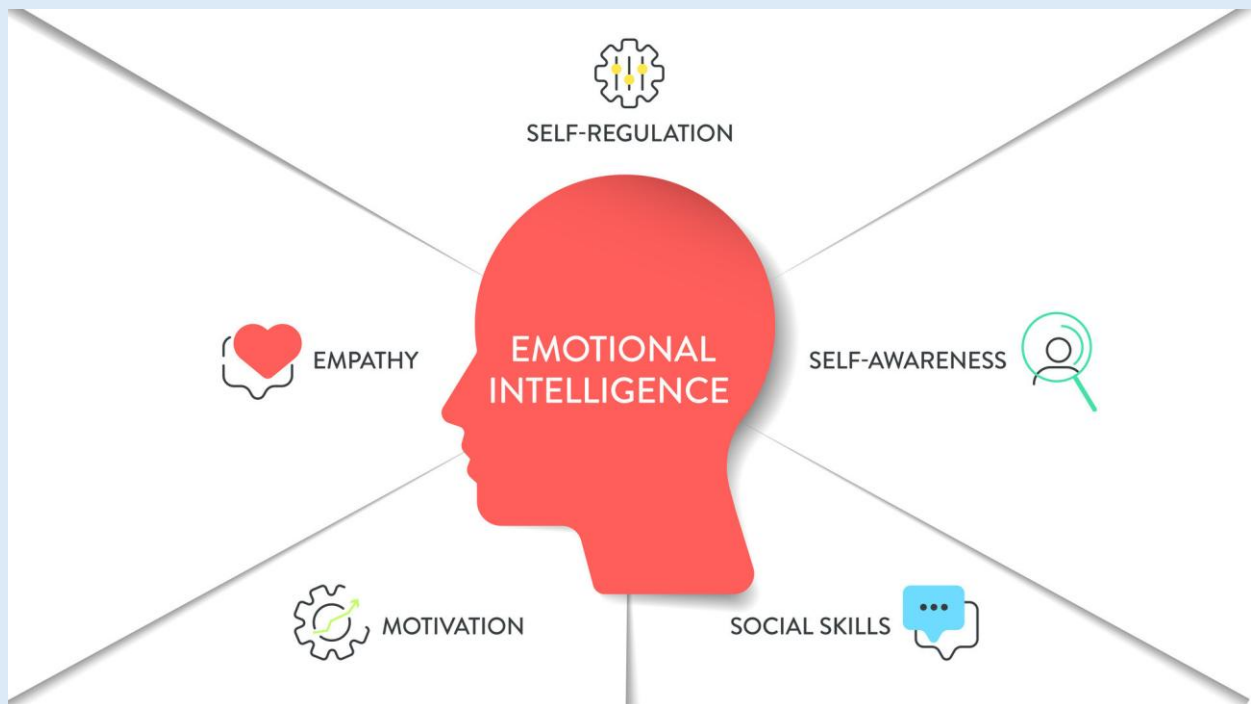


My understanding of Emotional intelligence



1. Emotional Intelligence is understanding my emotions and feelings about myself and other
2. Emotional Intelligence is the picture above



3. Managing my own emotions