

Emotional Intelligence

Student Name: Andrew Omoregie

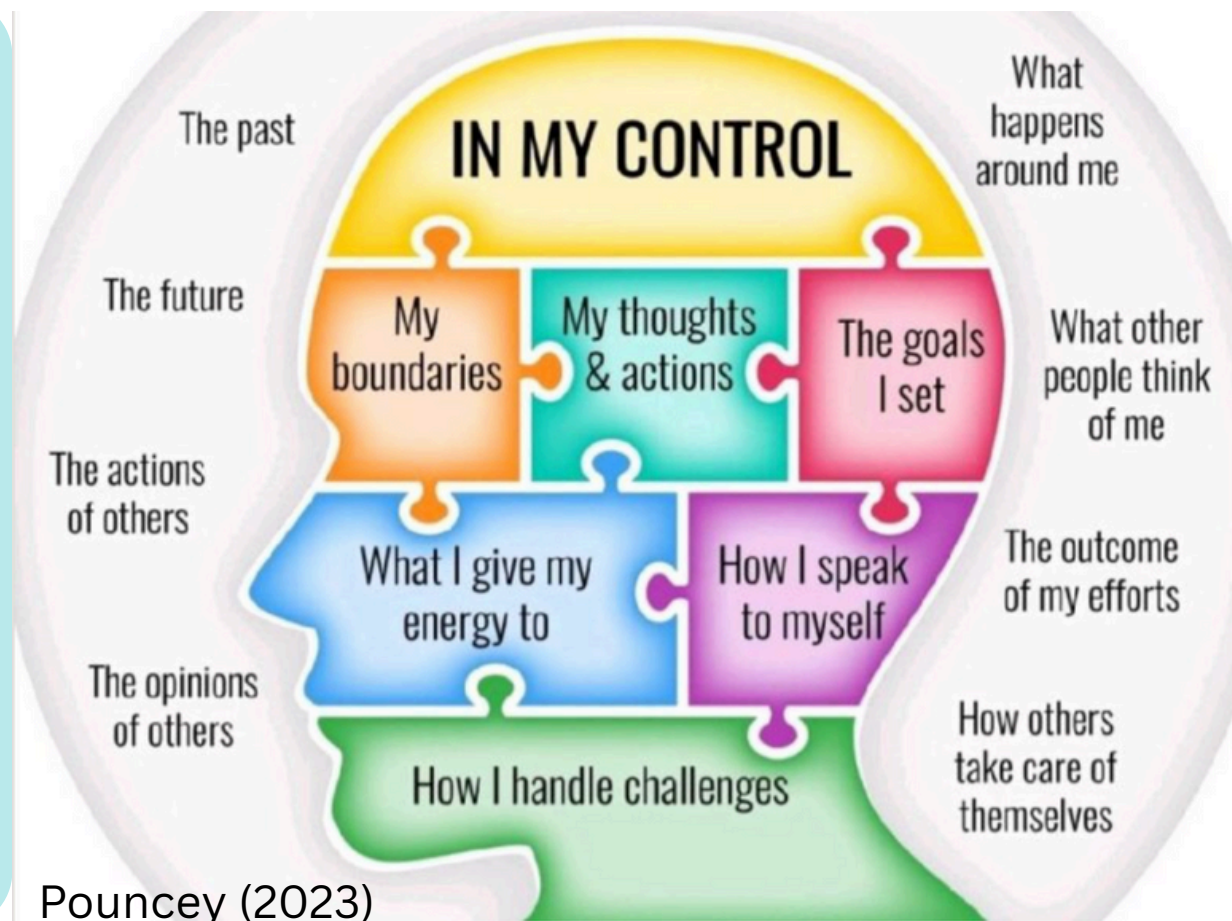
Student Number: 2317934

Developing Emotional Intelligence Skills LCLM5006_LON

Teacher: Kazeem Oseni

Introduction

Emotional intelligence involves the awareness and understanding of our emotions and the emotions of others (Bradberry & Greaves, 2009). It is the ability to perceive, express, and regulate emotions in ourselves and others. Emotional intelligence is important for healthy relationships, communication, and well-being. It is essential for personal and professional success. Improving emotional intelligence can help you become more empathetic, resilient, self-aware, and collaborative. These skills will enable you to face challenges more effectively and stay calm under pressure (Salovey and Mayer 1997).



Developing Emotional Intelligence

- Self-awareness
- Self-reflection/journals
- Self-regulation
- Motivation
- Emphaty, listing
- seeking feedback

Emotional control and Midfulness development

Mindfulness skills help students to observe their emotions without any judgment (Davidson & Begley, 2012). Stress can be managed by taking deep breaths, balancing the schedule and practising gratitude reflection. Self-compassion has helped me to be more resilient in exams and other challenges. As a student I learnt to manage my emotions by recognising my stress signals early enough and taking deep breaths and short breaks to restore my focus.

Factors and actions

Motivation, time management, and resilience are key factors contributing to success in an academic setting (Parker et al., 2004). Emotional Intelligence (EI) issues, such as procrastination or anxiety, may be managed using SMART goals, peer support groups, and ongoing self-reflection to improve performance and wellbeing.

Conclusion

Investing in Emotional Intelligence is an investment in self-improvement. By developing self-awareness, empathy, and emotional regulation, i can improve my ability to handle stress, foster healthy relationships, and stay motivated during difficult times. Practising mindfulness, reflection, and continuous self-improvement helps me not only understand my emotions better but also be more prepared for success inside and outside the classroom.

References

- Bradberry, T. and Greaves, J. (2009) Emotional Intelligence 2.0. TalentSmart.
- Salovey, P., & Sluyter, D. J. (Eds.). (1997). Emotional development and emotional intelligence: Educational implications. Basic Books.
- Begley, S. and Davidson, R. (2012) The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--And How You CA N Change Them. Hodder & Stoughton.
- Parker, J. et al. (2005) Academic Achievement and Emotional Intelligence: Predicting the Successful Transition from High School to University. <https://www.semanticscholar.org/paper/Academic-Achievement-and-Emotional-Intelligence%3A-to-Parker-Duffy/a6e358e1b3884e39b1767a2b82459407c70eee87>.
- Pouncey, P. (2023b) Empathy and emotional intelligence: understanding the connection. <https://www.linkedin.com/pulse/empathy-emotional-intelligence-understanding-patricia-pouncey>.
- Siegel, D.J. (2007) Siegel/mindful Brain: Reflection And Attunement In The Cultivation Of Well Being. W. W. Norton & Company.