

EMOTIONAL INTELLIGENCE AND SELF-AWARENESS

"IF YOU ARE TUNED OUT OF YOUR OWN EMOTIONS, YOU WILL BE POOR AT READING THEM IN OTHER PEOPLE." — DANIEL GOLEMAN

Introduction

Emotion Intelligence (E.I) refers to the ability to recognize, understand, manage and influence emotions in ourselves and otherers

Key Components

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social skills

Method

Review of academic literature (Goleman, Salovey & Mayer)
Analyse of emotional intelligence framework
Personal reflective practice
Review of university sources

1-Developing emotional intelligence

SELF-AWARENESS

- Being aware of how your emotions and your actions affect your environment
- Helps understand strengths and weaknesses
- Awareness of strengths = strong self-confidence
- Awareness of weaknesses = open to self-improvement and self-evaluation



SELF-REGULATION

- Staying in control of your emotions
- Rarely make emotional decisions, engage with their irrational thoughts or irrational decisions
- Committed to personal accountability

MOTIVATION

- Work consistently towards their goals
- Have very high standards for the quality of their work
- Acquire 'inner drive' and take initiative



EMPATHY



- Understanding others perspectives and view point
- Being able to feel the emotions of the group being managed
- Contributes to individual development, team development, constructive feedback and respect from the team

SOCIAL SKILLS

- Good social skills leads to effective ways in managing conflicts and disputes
- Engage in conversations with verbal and non-verbal social cues
- Leaders with effective social skills



Google (2026)

2- Personal Reflection

As a student emotional challenges include:

- Assignment stress
- Time pressure
- Group work conflict
- Fear of failure

How I control my emotions

Time management
Emotional pause technique
Positive self talk
Seeking support

Mindfulness improve focus resilience and performance

3-Success factors and E.I challenges:

Key success factors

- Emotional resilience
- Self-discipline
- Growth mindset
- Effective communication
- Stress management

E I Challenges and Solutions

Challenge	Impact	Action taken
Anxiety before deadline	Reduced performance	Early plannings & task breakdown
Group conflict	Frustration	Active listening & compromise
Fear of criticism	Defensive reaction	View feedback as development
Low motivation	Procrastination	Goal setting & reward system

References:

Goleman, D. (2020). Emotional intelligence : Why it can matter more than IQ. Bloomsbury.
Bradberry, T. and Greaves. J. (2009). Emotional intelligence 2.0. San Diego, California: Talentsmart.
Google (2026)) <https://www.google.com/interests/saved/list/PqeEtE941bthEIR->