

EMOTIONAL INTELLIGENCE

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What is Emotional Intelligence ?

According to Salovey and Mayer, emotional intelligence is "The ability to perceive emotion, integrate emotion to facilitate thought, understand emotions and to regulate emotions to promote personal growth.

Three steps to Develop your emotional Intelligence

1

Recognize your Emotions and Named Them

According to (HBS, 2019) " In order for us to understand what other people feel we first need to understand ourselves in relation to our emotions.

2

Try Journaling

Not unlike (HBS, 2019) says in her text that it is important to always write down our thoughts at the end of the day, so that we can reflect, whether they are all positive or negative. so that we can identify patterns about our behaviour.

3

Pratique active Listening

According to (Psychology Today, 2016), only about 10 percent of people listen effectively. It's easy to get distracted by technology, background noise, and your own thoughts. Yet, to be an effective communicator and emotionally intelligent leader,

How we can control our Emotional Intelligence ?



1. Identify what you're feeling:

Accepting emotions as they come helps you get more comfortable with them. Increasing your comfort around intense emotions allows you to fully feel them without reacting in extreme, unhelpful ways.



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2. Accept your emotions — all of them:

If you're trying to get better at managing your emotions, you might try to downplay your feelings to yourself.



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9. Stay on top of stress:

Reducing stress or finding more helpful ways to cope with it can make your emotions more manageable.

8. Give yourself some space: This distance might be physical, such as leaving an upsetting situation. But you can also create some mental distance by distracting yourself.

10. Talk with a therapist: If your emotions continue to feel overwhelming, it may be time to seek professional support.

Key factor and action to get success on studies with EI

According with (BMC Psychology, 2024)There is a high correlation between emotional intelligence and academic success, as emotions have a significant impact on human.

Role of motivation
Role of self-efficacy
Role of resilience

conclusion

Therefore, emotional intelligence is extremely important for a successful life or career, because having control over our emotions first makes us have more understanding about other people around us, thus bringing positive experiences of understanding, empathy and dicernity to make decisions regarding others. Thus avoiding frustrations, stress and disappointments, increasing our ability to produce and evolve more and more.

Reference list

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