

EMOTIONAL INTELLIGENCE

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Module: Developing Emotional Intelligence Skills LCLM 5006

Introduction

Emotional Intelligence (EI) is the ability to recognise, understand, and manage our own emotions while also understanding the emotions of others. It plays a key role in communication, decision-making, leadership, and personal wellbeing.



Method

- Reviewed EI theory (Goleman's model)
- Read academic sources
- Reflected on personal student experiences
- Compared emotional in stressful situations



Developing EI

- 1 Self-awareness: Recognising personal emotions and understanding emotional triggers.
- 2 Self-regulation: Managing emotional reactions and responding calmly to stressful situations.
- 3 Empathy: Understanding the emotions and perspectives of others.
- 4 Social skills: Communicating effectively and building positive relationships.
- 5 Motivation: Maintaining a positive attitude and resilience when facing challenges.



Control EI & Mindfulness

- Practicing mindfulness
- Managing stress
- Pausing before reacting
- Reflecting on emotions
- Seeking support

Factors Affecting EI

Emotional intelligence influenced by a range of personal, social, and environmental factors. These factors shape how individuals understand, express, and manage their emotions. Understanding these influences helps explain differences in emotional behaviour and development of EI skills.

Conclusion

Emotional intelligence plays an important role in academic success and personal development. Developing emotional intelligence not only supports learning but also strengthens relationships and overall wellbeing.



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