

**BA (Hons) Leadership and Management
Skills for the Workplace
LCLM 5006**

Developing Emotional Intelligence Skills

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My Emotional Intelligence: The Key to Academic and Personal Growth

Developing Emotional Intelligence



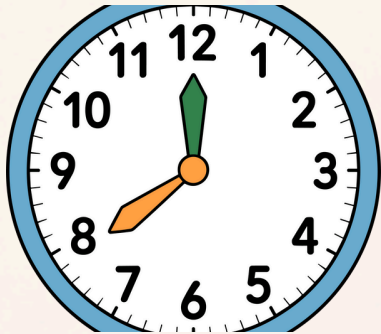
Mindfulness



Factors for Succeeding in Studies



Planning and Goal Setting



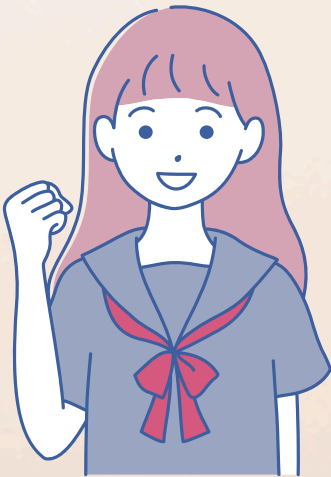
Time Management



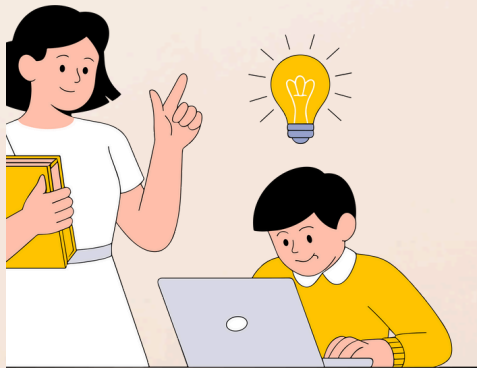
Self-Discipline and Consistency



Emotional Regulation



Motivation and Self-Reinforcement



Seeking Support

References

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