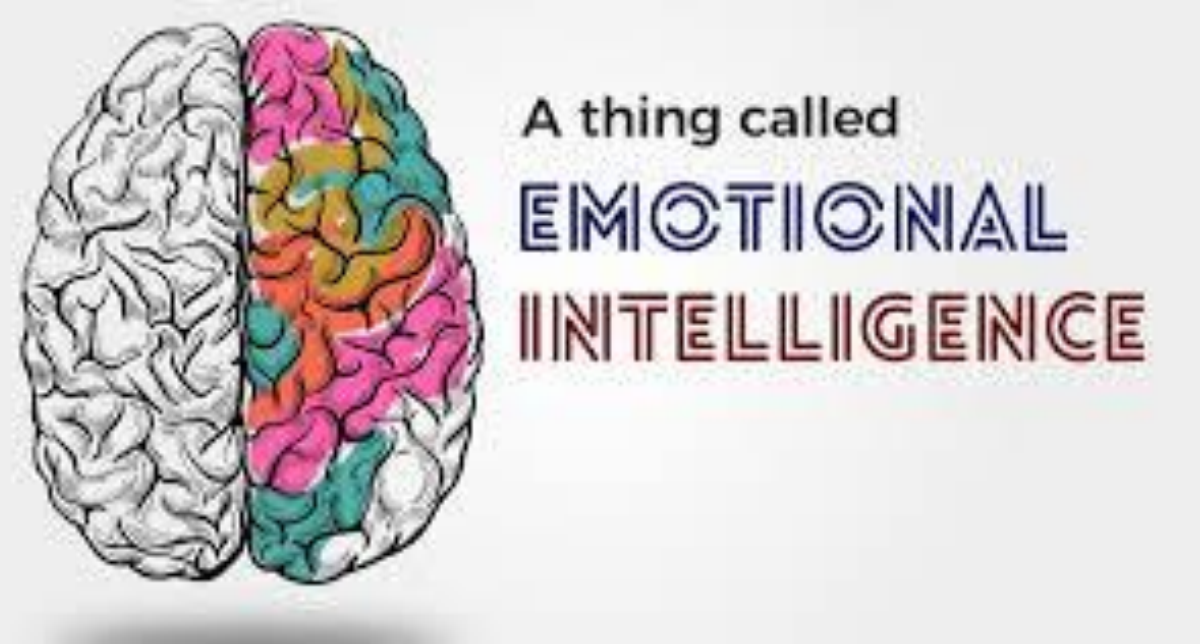




Poster presentation

Gheorghe Alui-Gheorghe (2018577)

I have found it important to develop EI since it is essential in the human person in every aspect of life (Goleman and Boyatzis, 2017). Looking at my EI assessment score/percentages, I see that the scores are different across the four dimensions: Self-awareness (6), Self-management (8), Teamwork and collaboration (8), and Venture management (9); thus, sometimes I feel as I have to assess both the organisation and myself as well.

Areas for EI Development:

To capitalise on my emotional intelligence, I'm focusing on three key improvement areas:

Self-Awareness Enhancement: In the “Write it down” activity, Fleet (2018) notes that when I write down what I do and take time to reflect on my actions, I then start to recognise the emotional triggers and how I respond to them. This goes a long way in explaining my low score in the Self-Awareness dimension.

Communication Refinement: Regarding relationship management, I can be rather successful, and now I am ready to improve the skills for the competencies of “Acknowledging and giving constructive feedback” and “Listening to others” (Salovey and Mayer, 2021). Some of these skills are obvious because, for example, maintaining professional communication and building strategic networks are important for maintaining the positive contacts that I cultivate.

Mental Health and Resilience: I am currently observing the “Focus on physical activity” and “paying attention to yourself”, whereas experiencing physical health and mental health are closely interrelated (Matthews et al., 2017).

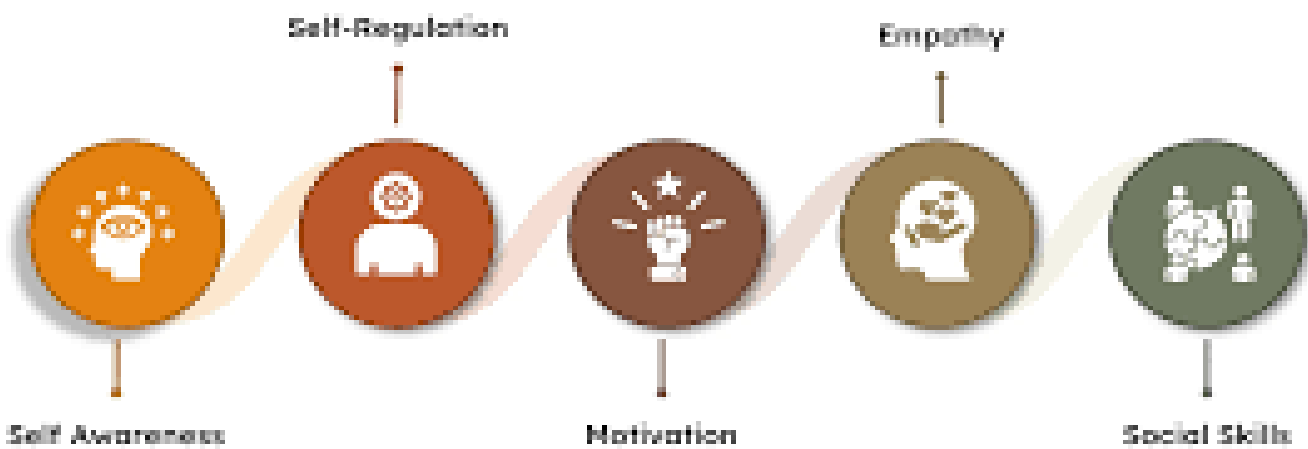
Personal EI Reflection:

That is why Relationship Management has received the highest result of 9 out of 10 (Salovey and Mayer, 2021). Of all the strengths, self-confidence has been most beneficial in relation to competencies, talents and skills. I mostly coordinate and interact with people in their groups on various tasks within organisations.

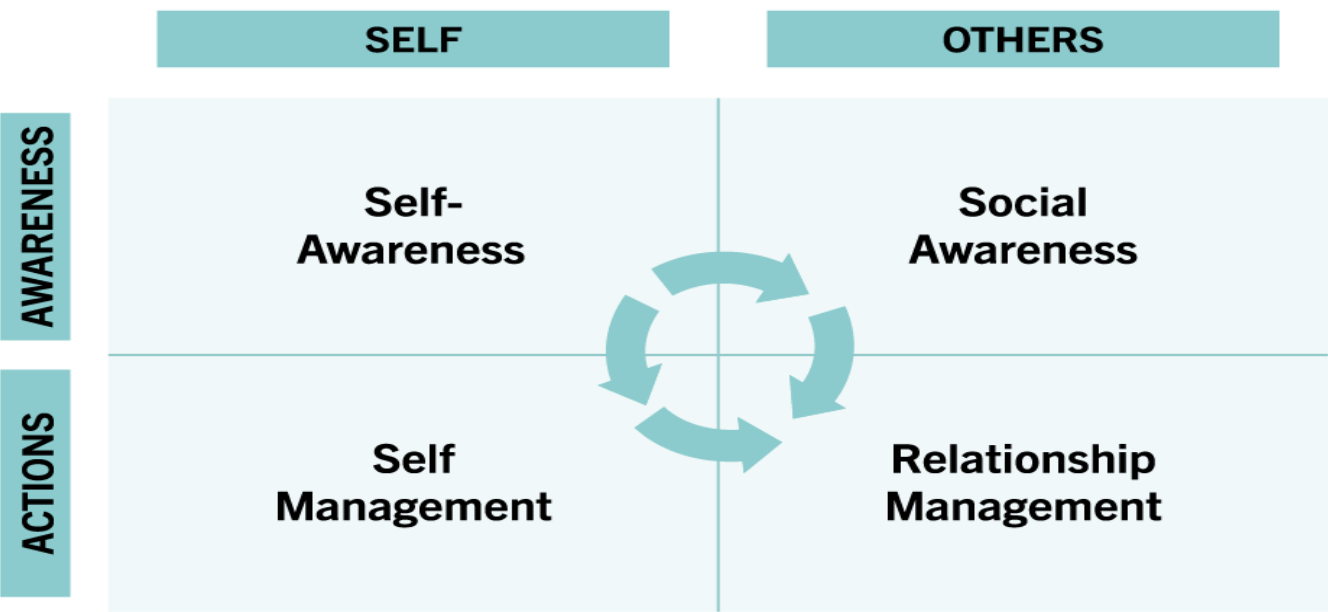
Analysing My Emotional Response:

In this case, I have been able to assess my feelings each time I am in a situation that is dangerous or risky. For instance, Clinical psychologists see that an effective coping technique like a “pause and reflect” can be employed when one gets entangled in intriguing work circumstances. This aligns with several of the EI skills from the framework, with two of the skills being “Before you act or react – stop and think” and “Being reliable and staying on task as you think” (Goleman and Boyatzis, 2017).

Components Of Emotional Intelligence



4 Core Competencies of Emotional Intelligence



Emotional Benefits of EI	Brief Description
1. Enhanced Work Performance	Improved decision-making abilities and professional effectiveness in workplace situations
2. Better Mental Health	Greater emotional stability and reduced stress through self-awareness and management
3. Stronger Professional Relationships	Improved ability to work in teams and maintain positive workplace connections
4. Improved Communication Skills	Better at giving and receiving feedback, active listening, and expressing thoughts clearly
5. Greater Self-Control	Enhanced ability to manage emotions and responses in challenging situations
6. Physical Well-being	Better understanding of the mind-body connection leading to improved physical health
7. Increased Resilience	Better capacity to handle workplace stress and bounce back from challenges
8. Better Decision Making	More balanced and thoughtful approach to making choices in both personal and professional life