

Emotional intelligence is knowing how emotions work and how to manage our own emotions and the emotions of others and how to effectively manage them

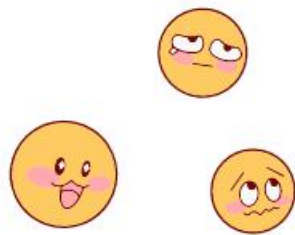
Emotional intelligence



EL in team work



Managing your own emotions



Understanding emotions of others