

Emotional Intelligence

TURNING EMOTIONS INTO A STRONGER AND SMARTER ME



Name: Nasteho Khalif | **Student No:** 2233826
Module: LCLM5006 | **Lecturer:** Nishi Ramsurrun



1 INTRODUCTION

Emotional intelligence helps me understand my feelings, make better decisions and succeed academically.



2 METHOD

I used academic research, TED Talks, podcasts and personal reflection.



3 EMOTIONAL AWARENESS

My emotions influence my thinking and decisions.



Stressed

→ overthink and lose focus



Happy

→ more motivated



Tired

→ procrastinate and feel stuck



Calm

→ clearer thinking



Mindfulness, journaling and exercise help me manage my reactions.

4 EMOTIONAL INTELLIGENCE & ACADEMIC SUCCESS



Stress management
prevents burnout.



Motivation
keeps me working towards goals.



Resilience
helps me overcome setbacks.



Self-confidence
encourages me to face challenges.

5 PERSONAL REFLECTION

When I feel overwhelmed, I sometimes procrastinate. Breathing exercises, walking and the Pomodoro technique help me feel calmer and complete my work.



Consistency is still a challenge.

6 CONCLUSION

Managing my emotions improves my confidence, decisions and overall learning experience.



REFERENCES

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