

practicing
**EMOTIONAL
INTELLIGENCE**





EMOTIONAL INTELLIGENCE is...

an individual's ability to recognize and manage their emotions and the emotions of the people around them, both at an individual level and in groups. it is what you use when you empathize with your colleagues, have deep conversations in a relationship, or you attempt to manage an unruly or distraught child. it allows you to connect with others, understand yourself better, and live a more authentic, healthy, and happy life

The **COMPONENTS**

one **EMPATHY**

two **SOCIAL SKILLS**

three **SELF AWARENESS**

four **SELF REGULATION**

five **MOTIVATION**



one EMPATHY

- this one deals with the emotions of others. empathy is the skill and practice of reading the emotions of others and responding appropriately
- when you sense that someone is feeling sad or hopeless, for example, it will likely influence how you respond to that individual



two SOCIAL SKILLS

- involves the application of empathy as well as negotiating the needs of others with your own
- this can include finding common ground with others, managing others in a work environment and being persuasive



Three SELF-AWARENESS

- the ability wherein you identify your emotions and mood swings. it is further categorized into two elements:
 - emotional self awareness: your ability to recognize and feel your emotions which also enables you to understand its after effects
 - self confidence: the ability wherein you understand your abilities better than others and are confident about your self-worth



how **SELF-REGULATION**

- in addition to being aware of your own emotions and the impact you have on others, emotional intelligence requires you to be able to regulate and manage your emotions
- those who are skilled in self-regulation tend to be flexible and adapt well to change. they are also good at managing conflict and diffusing tense or difficult situations



five MOTIVATION

- intrinsic motivation also plays a key role in emotional intelligence. people who are emotionally intelligent are motivated by things beyond mere external rewards like fame, money, recognition, and acclaim
- instead, they have a passion to fulfill their own inner needs and goals. they seek things that lead to internal rewards, experience flow from being totally in tune with an activity, and pursue peak experiences

