



Emotional Intelligence

The other skills you need for success

What is Emotional Intelligence?

Emotional intelligence is a term we often hear these days. When most of us were at school, we heard a lot about cognitive intelligence. Learning how to think well was paramount to doing well at school and in our careers later in life. This is still true today of course.

In recent years, we have learned that intellect is not the only requirement for progress. You can be very intelligent and solve all kinds of technical problems. But unless you can manage your feelings and relationships, you lack a key component of your potential for success.

People are not machines. Relationships are important in private and work life. We need the right connections with others to get on well. This is why **Emotional Intelligence** matters.

The concept **Emotional Intelligence** comes from the work over the last 10-15 years of social and other researchers, including David Caruso, Peter Salovey and Daniel Goleman (although it was known about centuries before this by the ancient philosophers).

Emotional Intelligence is the ability to recognise and manage your emotions, and recognise and respond appropriately to the emotions of others. The four quadrants **Self-awareness**, **Self-Management**, **Social Awareness** and **Relationship Management** are inextricably linked.

Self-Awareness

To function well, we need to know how we are feeling at a given moment, and use the right words for our feelings. We need to understand how feelings link to thoughts and actions.

Self-Management

Social norms require that we take charge of our feelings. If strong feelings, like anger or depression get out of control, we could hurt others or ourselves, causing calamities.

Social Awareness

Awareness of others' emotions helps us to connect with them. We feel empathy, consideration and kindness. We better understand others' reactions and concerns.

Relationship Management

Improved understanding of others brings better responses. We act more meaningfully. Interactions are more harmonious. Relationships improve at home and at work.

Mastering Emotions is a course that will teach you how to understand and manage your emotions. For workplaces and private groups. Get in touch below to know more.