

WHY IS EMOTIONAL INTELLIGENCE SO IMPORTANT?

ryggrad



Emotional intelligence (EQ) is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict.

Attributes of Emotional Intelligence

SELF-AWARENESS

Recognize your own emotions and how they affect your thoughts and behavior, know your strengths and weaknesses, and have self-confidence.

SELF MANAGEMENT

Able to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.

SOCIAL AWARENESS

Understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organisation.

RELATIONSHIP MANAGEMENT

You know how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.

IMPACT OF EMOTIONAL INTELLIGENCE

PERFORMANCE AT WORK

Emotional intelligence can help you navigate the social complexities of the workplace, lead and motivate others, and excel in your career.

PHYSICAL HEALTH

Emotional intelligence helps to learn how to relieve stress cause stress brings lots of physical health problem.

MENTAL HEALTH

Emotional intelligence helps to understand and manage your emotions which help you to keep your mental health fine

RELATIONSHIPS

Understanding your emotions and how to control them, you're better able to express how you feel and understand how others are feeling. This allows you to communicate more effectively and forge stronger relationships, both at work and in your personal life.

Ryggrad Consulting's "Emotional Intelligence Workshop", helps in building and developing Leadership Qualities.