

# [Emotional intelligence](https://assignbuster.com/emotional-intelligence-essay-samples-7/)

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" Emotional Intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions. Research suggests it is responsible for as much as 80% of the " success" in our lives. " al. , Handle With Care: Emotional Intelligence Activity Book --Freedman et Emotional Intelligence (El) refers to the ability to perceive, control and evaluate emotions. Approaches: Self-awareness -Knowing our own emotions : - feelings, values and goals etc

Self-management ; Managing our own emotions:- Managing your time-energy-work, Avoid unwanted addictive behavior, Mood management, dealing with stress, emotion etc Self-motivation - Motivating ourselves :-taking initiative, inspiriting others, creative, persistent and commitment Social awareness (empathy)- Recognizing other's emotions :-active listening, understanding others point of view, reading non-verbal cues Social skills - Handling relationships :-Maintain close relationships, Motivating others, Leading others, Developing others, Confronting others, Collaborating with others Elements:

Emotion perception : identify one's own emotional experiences, emotional experiences of others, and value attributed to objects Emotional assimilation : know how to use emotion to help shape Judgment and behavior. Hence emotion Influencing information processing Emotion understanding: rich emotion knowledge base such as cause, bodily sensation, expressive modes and how the emotion functions Inter personally Emotion regulation : monitor and manage emotion In self and others to produce the desired out come In a given situation IQ Is mostly determined by genetics and so It can not be changed drastically.

But CEQ Is mostly learned and people can be trained. Emotional Intelligence By Haplology Emotional intelligence (E') refers to the ability to perceive, control and evaluate Self-management -Managing our own emotions:- Managing your time-energy-work, influencing information processing Emotion understanding: rich emotion emotion functions inter personally Emotion regulation : monitor and manage emotion in self and others to produce the desired out come in a given situation IQ is mostly determined by genetics and so it can not be changed drastically. But CEQ is mostly learned and people can be trained.