

Emotional intelligence

[Technology, Artificial Intelligence](#)



" 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 (EI) 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, inspiring 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

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