

The emotional intelligence competence i most want to develop and why'

[Business](#), [Management](#)



The emotional intelligence competence I most want to develop Supervisor:

The emotional intelligence competence I most want to develop

Emotional intelligence defines an individual's ability to evaluate and manage his or her emotions and other people's emotions. It is instrumental in interpersonal relations and in managing or leading groups of people towards objectives. I, in this paper, identify my top three competencies, my weakest competencies, and a competency that I most want to develop.

My efforts to understanding emotional intelligence competencies that further helped me in identifying my top and weakest competencies involved a review of literature on elements of emotional intelligence. This developed my insight on what competencies constitute emotional intelligence and scopes of the competencies. I then applied the derived knowledge to examine my intelligence potentials.

Based on the literature review and self-evaluation, I identified self-confidence, self-control, and initiative as my top three emotional intelligence competencies. My identified weakest competencies are however adaptability, innovativeness, and communication. This activity was useful in facilitating self-awareness for personal development. Its developmental aspect was based on the activity's scope that created awareness of elements of different emotional intelligence competencies towards understanding personal competency and the need for improvement.

My identified strength in self-confidence, self-control, and initiative means that I can exercise integrity in managerial or leadership roles within my profession. Even though my weaknesses may challenge my leadership and managerial potentials, I can improve on them to enhance my capacity to

lead and manage.

Adaptability is the emotional intelligence competence that I most wish to develop. This is because of its scope that is instrumental to achieving change, a very critical concept in leadership and management. In improving my adaptability competence, I seek the ability to multitask and manage priorities in dynamic environments, and become flexible to people's responses and my perceptions. I will apply the SMARTER goal as a strategy to making the desired development.

My specific objective is to improve my adaptability competencies. I will measure my competencies through an independent examiner who will evaluate and rate my adaptability potentials on an interval scale. Improving on my adaptability capacity will require financial resources for a qualitative research that aims at understanding people's strategies to developing and improving their adaptability potentials. The process will also require human resource for mentorship towards the desired development. The goal is relevant in its scope that seeks to develop an essential quality to my profession. It aims at developing my ability to match dynamic environments and ensure success in such environments. Achieving goal will have diversified benefits at both personal and organizational levels through developed interpersonal relations and effective management and leadership abilities.

I intend to achieve the goal within one and a half months, a period within which I expect to conduct my primary research, interact with mentors, and evaluate my achievement. The goal challenges me by identifying a developmental need and intensifies my motivation through its identification

of the relevant needs to my professional practice. I will buy for myself jewellery upon achieving the objective. The gift's cost will be equivalent to the amount of money that I would have earned had I spent the time on my payable job. The goal has not been achieved because it is in its developmental stage.

Appendix: SMARTER goal

What is your specific goal/objective?

How will you measure progress?

What resources do you require to achieve this goal/objective?

How is the goal/objective relevant, with a clear purpose and benefit?

Is there a deadline? If so, what time do you have to achieve the goal/objective?

How does the goal/objective challenge and extend you?

What will your reward be for achieving the goal/objective?

Has the goal/objective been achieved? (Tick if yes/identify reasons if no.)

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