

Emotional

lundi 6 novembre 2023 11:14

Define emotional intelligence, what it is and how to use it for success.
Define social intelligence and apply it more effectively
Reconize the diffrent types of intelligence

What is intelligence ?

How Psychologists define Intelligence :

- the ability to learn
- the ability to reconize problems
- the ability to solve problems

How many types of intelligence do you know ?

- Musical
- Linguistic
- Inter personal
- Existential
- Spatial
- Naturalist
- Bodily kinesthetic
- Intrapersonal

what is Emotional intelligence (EI) ?

we define EI as the ability to :

- Reconize, understand and manage our own emotions
- Reconize, understand and influence the emotions of others
- It is a factor in personal and professional success

IQ vs EQ

<p>Your IQ usually refers to your intellectual ability. Some of the most common element of your IQ. Include your ability to :</p> <ul style="list-style-type: none">- use logic to solve problems- plan and strategize- understand abstract idea <p>-> can't increase -> predicts only 20% of your success in life</p>	<p>Your emotional quotient generally refers to your ability to sense emotion in yourself and in other pepole . In general if you have a high EQ you may find easier to :</p> <ul style="list-style-type: none">- identify emotions in yourself and others- empathize with other pepole- resolve conflicts with others <p>-> Not fixed -> Can be improved through life</p>
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At a personal level, emotional intelligence help us :

- > have uncomfortable conversation without huring feelings
- > Manage our emotions when stressed pr feeling overwhelmed
- > Imprve relationship with the pepole we care about

At work, emotional intelligence can help us :

- > resolve conflicts
- > build relationships and motivate others
- > create a culture of collaboration
- > build psychological safety within teams

Core components of emotional intelligence

Empathy	social skills	self-regulation	self-awareness	motivation
Empathy is an awareness of the needs and feelings of others both individually and in groups, and being able to see things from the point of view of others. Empathy helps us to develop a stronger understanding of other people's situations.	<p>Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance.</p> <p>People with better social skills also have better career prospects. Studies show that socially skilled people have more successful careers</p> <p>How can you build social skills? Improve your communication skills Learn how to praise others Show interest in others</p>	Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning. Self-regulation is the ability to keep disruptive emotions and impulses in check, and to think before acting.	<p>It is the ability to recognize your feelings and understand your emotional reactions, and how they influence your behavior and performance. It helps people get an idea of the perception they create in other people's minds. A self-aware person is both confident of his own abilities and mindful of his current limitations.</p> <ul style="list-style-type: none">- Having self-awareness means that you have a clear recognition of your overall personality.- This includes your strengths and weaknesses, thoughts and beliefs, emotions, and sources of motivation.- Having self-awareness helps you understand other people and how they view you and your actions. <p>The top 4 traits of self-aware pepole Wisdom Honestly Humility Confidence</p>	<p>Self-motivation is our personal drive to improve and achieve, commitment to our goals, initiative, or readiness to act on opportunities, and optimism and resilience.</p> <p>----- How can you improve your motivation?</p> <p>Keep your goals small and measurable. It's great to have big goals for yourself, but you need to shrink them down in order to make them easier to accomplish.</p> <p>Reward yourself for hard work and persistence. Rewards encourage you to stay on track toward your goal.</p> <p>Do something you enjoy every day. Even working toward something you love can feel overwhelming, so take time for yourself.</p>

Social intelligence :

Social Intelligence can be defined as the human ability of decoding the happenings of the world and responding to it likewise. This ability is exclusive to humans and distinguishes us from the rest of beings in the animal kingdom.

Why social intelligence is imporant :

Social intelligence helps individuals build relationships – and is important to numerous aspects of a person's life. It allows an individual to form friendships and alliances. And, it assists a person against being taken advantage of. People with social intelligence can "read" other people's faces and know what motivates them.

essay

Emotional Intelligence, often called EI or EQ, is a special kind of smarts. But it's not about knowing math or science; it's about understanding and managing emotions. In this essay, we will break down emotional intelligence in simple terms and explore how it can help you succeed in life.

Using Emotional Intelligence is a valuable tool for success in both your personal life and at work. It allows you to handle tough conversations without hurting feelings, manage stress effectively, build strong relationships, and create a collaborative environment in teams. It's like a recipe with five main ingredients: empathy (understanding others), social skills (communicating well), self-regulation (controlling your emotions), self-awareness (knowing yourself), and motivation (driving towards your goals). Emotional Intelligence is essential because it can lead to personal and professional success by helping you understand and manage your emotions and those of others. So, it's not just about being smart; it's about being emotionally smart.

Emotional Intelligence is not about being a superhero; it's about being a better version of yourself. It helps you navigate your emotions and those of the people around you. By harnessing emotional intelligence, you can have better relationships, handle stress, and find success in your personal and professional life. So, it's not just about being smart; it's about being emotionally smart.