

## **What is the importance of a higher EQ in our personal and professional lives?**

Having a higher Emotional Quotient (EQ) is crucial in both personal and professional spheres as it greatly impacts our ability to regulate our emotions and communicate with others. In one's personal life, having a high EQ facilitates better communication, healthier relationships, and successful dispute resolution. It increases empathy, which strengthens our bonds by enabling us to comprehend and react to the feelings of others. In the workplace, superior leadership, collaboration, and decision-making are associated with higher EQs. It gives us the ability to manage stress, adjust to change, and inspire both others and ourselves. In general, emotional intelligence (EQ) improves our capacity to manage social complexity and uphold a constructive and productive atmosphere, which makes it essential for success in all spheres of life.

## **How effective was the exercise/s in building EQ that you did today?**

Ans- since it has not been done, i am not answering.

## **Which other exercise/s would you like to continue to do in the two years of your IBCP and why?**

Throughout the next two years of my IBCP, I would like to engage in the following activities to raise my emotional quotient (EQ):

- Mindfulness Practices: To be present, manage stress, and improve my self-awareness, I intend to practise mindfulness everyday through activities like meditation and deep breathing. I'll be able to respond to difficulties more composedly and with emotional equilibrium thanks to these practices.
- Exercises for Active Listening: It will be a top priority to consistently practise active listening during conversations. By paying close attention to the speaker, comprehending their viewpoint, and considering answering, I can enhance my empathy and communication abilities.
- Journaling: I'm going to keep a daily notebook in which I'll record my feelings, encounters, and conversations. This will assist me in recognising emotional trends, comprehending triggers, and monitoring my emotional development over time.
- Empathy-Building Activities: Two things I intend to do to increase my empathy are volunteer work and role-playing. Through these exercises, my ability to comprehend the thoughts and feelings of others will grow, resulting in greater connections.
- Conflict Resolution seminars: Gaining the ability to manage conflicts in a constructive manner will need attending seminars that cover conflict resolution strategies. I'll be better

equipped to handle disagreements in both personal and professional contexts thanks to this.

My emotional intelligence will rise substantially as a result of these activities, setting me up for success in a variety of spheres of life.