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EMOTIONAL QUOTIENT

Recently, Daniel Goleman, an American psychologist has been popularizing a rather important and complementary part of the "Intelligence Quotient" (IQ). He calls it the "Emotional Quotient" (EQ). It is the capacity of a person to be aware of, control, express and communicate his/her emotions. It also deals with our understanding of, and handling interpersonal relationships judiciously and empathetically.

Human communication is more non-verbal than verbal, and a major part of that non-verbal communication requires the presence of an adequate EQ of both the sender and the receiver. In today's global world economy, having a mature EQ can significantly improve our chances of success.

Our IQ reflects only our Intelligence, which as many would agree is a rather incomplete way to form any strong judgement or opinions about a person. EQ on the other hand plays a more bulky role in judging one's character and personality. An average EQ ranges from 90 to 100 with a perfect score measuring 160.

It consists of 5 major aspects, which can all be individually improved by a person. This is stark contrast to IQ where you cannot really improve your score.

These 5 major components are :

1. Self awareness
2. Self regulation
3. Motivation
4. Empathy
5. Social skills.

Self awareness is a simple word that encompasses within it a lifetime of efforts made by several gurus and saints. Being true to your inner self and emotions is a big deal and is the key to improving your EQ. Only with this can you think about regulating those emotions. Regulation can take place through self-control, practising your ability to adapt to situations, maintaining or making a sincere effort of maintaining your integrity.

Getting work done required discipline and achieving success requires self-motivation which holds the key to being a better person and thereby improving your EQ. The most important part however is your Empathy. This determines how you will perform and behave in any given situation. It is the ability to realise how people feel and is the most powerful tool to attain a good relationship with anyone. That however must not be the goal, as then defeats its own purpose.

With the right social skills, you have the power to go anywhere. Your influence, character, leadership, communication and conflict management skills are crucial not only in improving your EQ, but also to achieve success in any area of life.

You can as mentioned before, improve your EQ, and become a better person by incorporating certain practices in your day to day life:

1. Getting out of your comfort zone
2. Exploring your heart more than your head
3. Walking in other's shoes
4. Examining your biases.

→ Emotional Intelligence (EI) helps you stay calm and positive in any situation. It empowers you to have a strong mindset, which is key to having successful relationships. You can become mentally stronger by setting reasonable goals, learning to stay calm under pressure and letting go of the little things.