

Name: Ananya Prasad

Reg No: 20BCE10093

- 1 Goleman's Competency model and Salovey and Mayer concept of emotional intelligence of a social leader. Application of ~~Goleman~~ these models do not contrast with professional leadership as a person who has the willingness to acquire leadership position should possess higher level of emotional intelligence and this can only be achieved by following the components of emotional intelligence stated in the models

Goleman's model:

- * self awareness: Being self aware makes you understand your feelings and you know how emotions can affect others. For a social leader being self aware is very crucial as you can have a clear picture of your strengths and weakness.
- * Self regulation: Social leader who regulate themselves effectively rarely show their anger. They keep it under control instead of losing control.
- * Motivation: Self motivated leaders work consistently towards their goals and have extremely high standards for quality of work. As a leader, you should regularly re-examine why you are doing the job and should know where you stand and motivate yourself and you and team as well.
- * Empathy: For a social leader having empathy is critical to managing a successful team. Leaders with empathy have the ability to put themselves in someone else's situation.
- * Social skills: When a leader possesses social skills, they effortlessly form relationships with their peers as well as manage them correctly.

Model \rightarrow Mayer and Salovey's model. It includes -

Perception : The leaders capacity to identify emotions in themselves and others using facial expressions, tone and body language knowing one's emotions to guide the cognitive system and promote thinking.

Other than these, handling emotions.

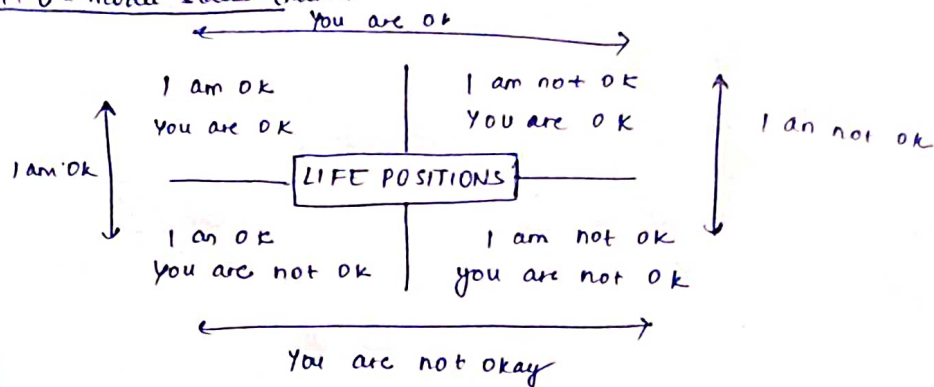
- 2) Empathy is not a time consuming approach towards emotional quotient of an individual to have a relationship as empathy is the ability to feel emotions of a person in a way they actually feel about it. and EI is the ability to understand, analyse and control emotions. Both empathy and EQ have a dynamic relationship. A person with EI certainly has some empathy.

To have a relationship like friendship one must understand the other person's level of EI and EQ, to have a strong bond, both should have empathy towards each other and support them.

eg An elder sibling will be able to empathise with their younger siblings in regards of exams and subjects. They connect on a greater level.

8)

1+U - model states that



this is a genuine model as it states well defined boundaries.

- a) I am OK, you are OK: most stable
(1+U+)
based on adult ego
they have had OK life experiences
- b) I am OK, you are not OK: individual was ignored in childhood
(1+U-)
rebellious and feel wronged.

2 manager but may not be the best leader.

3

- 3) "Decision, life position, mindset, self perception and self awareness build your social persona." Yes, this statement is completely true. When we make a decision, we keep in mind a lot of things before doing so. Even if we ourselves are not thinking much, subconsciously our brain does the evaluation for us keeping in mind our life position, mindset during that time, self awareness and perception. When we finalise the decision and upon action on that decision, we define our social persona.

Let us suppose the decision of choosing ones career.

- According to their life position, i.e., beliefs shaped up by early experiences they might subconsciously choose what they want to do in life. They may choose sports, arts, academia etc according to their life experiences.
- Mindset also plays a big role in this. Any person develops a mindset according to what they hear. In this case, it might be good money or fame or luxury. This mindset is very much biased according to the surroundings.
- Self perception, i.e., the way the person sees themselves. Not a quantifiable value but the way a person thinks about themselves gives and boosts confidence. In this example, even if a person is not that good in a particular job but they like it and think that they do well, they might opt that as their career.
- Lastly, self awareness, a person should be clear with their thoughts, emotions, strengths and weaknesses. It makes making a decision easy.

A child after all this makes a decision, works on it and defines their place in the society and build a social persona.

4 First impressions depend a lot on a person's personality traits.

- 1) Openness: People with high openness tend to have a broad range of interests. They have the curiosity and are eager to learn new things. While making a first impression, openness helps them being warm and welcoming. This makes them needed.
- 2) Agreeableness: They are very cooperative, enjoys helping and contributing to happiness and are very caring. They take a lot of interest in people. While making a first impression, this trait helps in showing how caring they are.
- 3) Neuroticism: These people stress out a lot and worry too much. They are very moody and get anxious easily. They find it difficult to bounce back from difficult situations. While making a first impression, one may sound too worrisome and scared, -this may affect the first impression.
- 4) Extraversion: These people start conversations, -they like meeting new people, have a large circle of friends and ^{enjoy} ~~enjoy~~ being the center of attention. While making the first impression, this quality helps to connect with maximum people.
- 5) Conscientiousness: They are detail oriented and spend time prepping up: they are very systematic in practice. While making the first impression, maintaining a routine would give more marks.
Let us suppose, we have to make a first impression on first day of work. The person who is warm among their peers will have an advantage.

5 (a) According to the emotional intelligence related to this area of emotional quotient, I am doing quite well.

- * ~~Self~~ self management - I am able to control impulsive feelings and behaviours manage your emotions in healthy ways, take initiative, follow-through on commitments and adapt to changing circumstances.
 - * Self awareness I am quite self aware, I am aware of my thoughts and behaviour. I know my strengths and weakness.
 - * Social awareness - ~~I~~ have empathy and have understanding of emotions, needs and concerns of other people and pick up on emotional cues.
 - * Relationship management - I know to keep and maintain good relationships, communicate clearly, inspire and influence others, work well in a team and manage conflict.
- I am quite strong and I believe that I can tackle all the challenges equipped by this.

(b) My peers inspire me. Also, my inspirations are big entrepreneurs like Harper Reed. They are hard working, outgoing, risk takers. They are very passionate. They have a very clear mindsets and have good intentions. They empower others. They have this idea of solving problems together which makes them unique. This socialability helps in my business needs as ~~being~~ these role models hype me up to set up my own business and follow their advice.