

Ethan Le

Professor Martin

Technical Communication

16 September 2022

Emotional intelligence is necessary drive for success in life

Emotional intelligence is the ability to recognize and manage one's emotions and of others in any given situation. Emotional intelligence (EQ) acts as a pathway for success—some may even say it is more important than intelligence quotient (IQ). EQ helps one communicate through usage of introspection and nonverbal social cues—strengthening the core values of any relationship (personal, business, etc.).

A person with emotional intelligence displays four main universal characteristics:

- Self-Awareness – Having a clear understanding of one's emotions and how they affect one's thoughts and behaviors.
- Social Awareness – Understanding others' emotions and needs while noticing power dynamic behaviors among groups.
- Self-Management – Adapting appropriately to change while controlling one's own personal emotions.
- Relationship Management – Picking up underlying social cues to interact successfully with others.

All of these characteristics are bound directly to empathy—an emotional response to someone's feelings and needs. For instance, if a disliked coworker hinted at signs of grief

(suddenly lashing out at other coworkers, displaying apathy and sorrow, etc.), one would step in to alleviate those mental pains with consolation. This could range from a touch to the person's back while he, she, or they are crying to actively listening to their troubles without feeling anything but the corresponding emotions. Empathy triggers a higher chance of successfully maintaining a good relationship, whether it be personal or business.

Emotional intelligence promotes compassion and understanding in any environment; it boosts the overall quality of a workplace, family life, or even a simple interaction. It deepens our perception of others' interactions and feelings, paving a bigger road for more meaningful relationships. A good standing connection through emotional intelligence goes a long way towards many successes in life. Simply listening to another person's problems and empathizing with them could lead one down the path of becoming a better communicator.

Overall, having efficient emotional intelligence allows us to have a greater capacity for caring and developing trust towards others. It creates a sense of internal balance where we can juggle many stresses in life without descending into a grim demise. Emotional intelligence keeps us composed in the face of trouble to make the right decisions and be mindful when leading any kind of group. Emotional intelligence is critical to our everyday living; not only it points us to the right direction of being successful, it also binds us together as a species.

Work Cited

“Emotional Intelligence.” *Psychology Today*, Sussex Publishers,

<https://www.psychologytoday.com/us/basics/emotional-intelligence>. 16 Sept. 2022.

Keyser, John, et al. “Emotional Intelligence Is Key to Our Success.” *ATD*, 8 Dec. 2017,

<https://www.td.org/insights/emotional-intelligence-is-key-to-our-success>

Segal, Jeanne, et al. “Improving Emotional Intelligence (EQ).” *HelpGuide*, HelpGuide.org, 31

Aug. 2022,

<https://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm>

“Why emotional intelligence makes you more successful.” *Nest*, La Trobe University, 17

Sept. 2019,

<https://www.latrobe.edu.au/nest/why-emotional-intelligence-makes-you-more-successful/>