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Final Report: Leverage AI for improving Emotional Quotient.

Swapnali Dashrath

Oakland University

CSI6160 - Machine Learning

Prof. Mohammad Wardat.

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To: Prof. Mohammad Wardat

From: Ms. Swapnali Dashrath

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Final Report: Leverage Generative Artificial Intelligence for building and enhancing emotional intelligence (EQ).

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**Summary:**

The report explores the potential of leveraging Generative Artificial Intelligence (AI) for building and enhancing Emotional Intelligence (EQ) by facilitating self-awareness, self-reflection, emotion regulation, empathy and social skills.

**Introduction:**

Report's objective outlines the significance of adopting Generative AI for achieving personal and professional happiness and success. Emotional Intelligence (EI) often referred as Emotional Quotient (EQ) is of prime importance for both personal and professional life. Day today we collaborate and associate with diverse humans in person and virtually, locally and globally, for achieving our objective and purpose. Emotional Intelligence (EI) helps individual recognize their own and others emotions and understand how emotions influence their thoughts and actions. Self-awareness enables peoples to manage emotional reaction, avoid impulsive and conflicting behaviors and work under pressure in diverse and ever changing environment called “Global Village”.

**Background:**

In era of “Melting Pot” culture and virtual reality, we are collaborating with individuals, who may not speak same language, have diverse values and belief systems, food habits, are working towards one objective as “One Team”. Being emotionally and Culturally Intelligent will not only help with achieving objective effectively but also help in stronger personal and professional relations. Empathy to connect with colleague, clients and managers on deeper level, improving team work and collaboration.

**Purpose:**

Our Purpose: To uplift everyone, everywhere by being best to live and let live.

Purpose statement underlines the objective of the report. It underscores importance of embracing the cutting edge technology and leveraging benefits of AI to collaborate, act wisely and equips our self tools of new era and securing future for generations for everyone and everywhere.

**Research Methodology:**

 The research methodology employed to gather relevant data and insights.

**Findings and Analysis:**

Based on the research conducted, key findings and analysis regarding the feasibility and benefits of integrating Generative AI into our Emotional Intelligence. It explores the potential impact on efficiency, decision-making, and overall organizational and personal performance.

**Recommendation:**

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