

Emotional Intelligence

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Emotional Intelligence

- Emotional intelligence is defined as the ability to understand and manage your emotions, as well as recognize and influence the emotions of those around you.

- “The most effective leaders are all alike in one crucial way: They all have a high degree of what has come to be known as emotional intelligence. It’s not that IQ and technical skills are irrelevant. They do matter, but...they are the entry-level requirements for executive positions.”

The Five Components of Emotional Intelligence

- Self Awareness
- Self monitoring
- Social Skill
- Motivation
- Empathy

Boost Your Emotional Intelligence with These 3 Questions

- What are the differences between how you see yourself and how others see you?
- What matters to you?
- What changes will you make to achieve these goals?

Related traits to EI

- Focus
- Resilience
- Power and impact
- Mindful leadership

Is EI important for Tech Professionals?

- Emotional intelligence is crucial for tech professionals for several reasons.
- First, it helps improve communication within teams. When team members are attuned to each other's emotions, they can communicate more effectively, avoiding misunderstandings and conflicts. This is especially important in diverse teams, where cultural differences can sometimes lead to misinterpretations. By practicing empathy and active listening, tech professionals can bridge these gaps and foster a more inclusive work environment.

- Secondly, emotional intelligence is the key to building strong relationships with colleagues, clients, and stakeholders. In the tech industry, collaboration is essential. Whether it's working with cross-functional teams, partnering with vendors, or engaging with customers, building strong relationships is crucial for success.

- Thirdly, emotional intelligence plays a critical role in problem-solving and decision-making. In the tech world, professionals often face complex challenges that require innovative solutions. By tapping into their emotional intelligence, tech professionals can better understand the human side of these challenges, considering the needs and perspectives of all stakeholders involved.

- Finally, emotional intelligence is essential for personal growth and career development. In the tech industry, where change is constant, adaptability and resilience are key. By managing their emotions effectively, tech professionals can navigate the ups and downs of their careers with grace and poise. Moreover, as they move up the ladder, tech professionals with high EQ are better equipped to lead and inspire their teams, creating a positive and supportive work culture.

- Embracing emotional intelligence in the tech industry enriches interpersonal relationships, fosters a collaborative and supportive work environment, and values everyone's contributions. Prioritizing EQ enhances communication skills, strengthens teams, and creates a positive atmosphere that encourages creativity and innovation.