1. **Introduction:**

Emotional Intelligence. We’ve heard the words before, maybe in the form of Emotional Quotient. But as Shakespeare said, “What’s in a name?”. But how many of us actually understand what these words mean?

“Emotional Intelligence is defined as the ability to recognise your emotions, understand how they affect you and the relations you have with other people”.

If you want to win over the favor of someone, you must first win over his or her emotions. This is why great men and women of the past and present, are able to do the things they do; they have a fundamental understanding of their emotions and how they relate to and appeal to those around them. Emotional intelligence is by far the strongest force driving personal and interpersonal success.In today’s world, processing and controlling one’s emotions is essential to maintain amicable relations with one’s co-workers. Failure to do so can put a spoke in your wheel and ultimately set you up for a disappointing work life.

Today we focus our attention on four aspects of Emotional Intelligence:

1. Self Awareness

2. Self Management

3. Social Awareness

4. Relationship Management

**II. Self Awareness:**

Self Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.

If “awareness” is about noticing stuff in the world, “self-awareness” is about focusing your awareness on yourself.

It’s your ability to notice your feelings, your physical sensations, your reactions, your habits, your behaviors, and your thoughts.You are aware of all those different aspects of yourself as if you were being observed by someone.Another way to think of it is paying attention to your intuition, also known as your 6th sense or your gut feeling.Simply put,self-awareness is about being honest with yourself.

The fact is that the majority of our thoughts and actions are on autopilot. This isn’t necessarily a bad thing either. Our habits, routines, impulses, and reactions carry us through our lives so we don’t have to stop and think about it every time we close a door or start a car.The problem is when we’re on autopilot for so long that we forget the fact that we’re on autopilot. Because when we’re not even aware of our own habits, routines, impulses, and reactions, then we no longer control them; they control us. Whereas a person with self-awareness is able to exercise a little meta-cognition.

6 Ways To Create Self Awareness:

1. Ask For Feedback:As it is always said, change is the rule of nature:

A very good way of enforcing this change is by asking for feedback from someone who knows better. Constructive feedback can go a long way in making us understand our strengths and give us a better understanding of our weaknesses. This is the simplest way to modify and rectify our incorrect views about ourselves.

2. Recognize Your Strengths & Weaknesses:

This is a very healthy exercise in order to sustain your strengths and overcome your weaknesses.Your biggest personal strength would be something that comes very easily for you. Take some time and think about what comes naturally for you. It could be anything.It is equally important to know your weaknesses as much as knowing your strengths.Your weaknesses hold you back from achieving many great things. Weaknesses are areas that you have the power to improve. It can be anything ranging from professional to social skills.

3. Self-Reflect:

It is so easy to get caught up in the day-to day aspects of life and forget to pause, self reflect, and look at the bigger picture. Slowing down and taking time to think about your life is extremely helpful in creating a better sense of you are, who you want to be, and how you will get there.Self reflection helps to build emotional self-awareness. By taking the time to ask yourself the important questions, you gain a better understanding of your emotions, strengths, weaknesses and driving factors. Once you understand important aspects of the self, you become better able to adapt to changing situations and tough circumstances.

4. Monitor Your Self Talk:

Self Talk is a huge part of what makes us who we are. It impacts how we feel about ourselves, how we feel about what we can achieve in life, how we’re viewed by the world, and how we interact with others. It impacts our self esteem, self confidence and self image. Pay attention to it. Internal as well as external. If you’re trying to change your life, it is critically important that you look at your internal dialogue. Most of us pay little attention to our thoughts. We are often controlled by them. Many of us beat ourselves up without even realizing it. It just becomes routine. You will likely never truly feel “great” or love yourself if that is the way you talk to yourself. You will also want to look at your self-talk regarding people you deal with. Is it positive or negative? If negative, it can be turned around. Being “mindful” or “paying attention” is mandatory in terms of turning it around. Make sure that your self-talk is positive and you celebrate your wins and don’t dwell on your failures.

5. Practice Saying No:

Of course we all have to do things we don't want to do; that is just part of life. But so many people agree to do things they do not even have to do. The truth is, for many of us, saying "no" is hard! We want others to like us and accept us; we want to show up for them, meet their expectations, and please them.It's true that sometimes saying "no" will hurt someone else's feelings—you may even disappoint someone you admire. But you are also fostering resentment and regret when you don't honor yourself and your needs. This leads you to be even more critical of yourself and spirals into negative self-talk, which can lead to symptoms of anxiety and depression.

6. Question Your Decisions:

There are many benefits of self-questioning. You can learn to ask yourself questions in a way a therapist may ask. Learning to be introspective and becoming emotionally unstuck are the benefits of questioning yourself.Introspective means the ability to look inside yourself in a non-judgmental way. It is a way of assessing one’s thoughts, feelings and spirituality from an objective place. Many of us when we look inside tend to be overly critical and judge ourselves in a punitive way. This is not helpful, productive or will lead to a positive personal change.When expectations aren’t met or you are emotionally wounded by an event; instead of being introspective, you may immediately fall into self-pity or become angry at yourself or others.Ensure that any decisions you make are good ones by coming up with at least three good reasons as to why you should pursue them. This allows us to better understand our decisions and be confident that we have chosen the best available option.

Developing self-awareness skills is important for learning about yourself and discovering your true capabilities, which may be vital for a successful career.Developing self-awareness skills is the key to developing emotional intelligence as a skill. The self-analysis that you conduct will help you be aware of your own values which, if touched by any event or action, will generate certain emotional responses. When you have a better understanding of the problem, you can take more effective actions to address it.

**Case Study:** Self Awareness - Helen Keller

Before my teacher came to me, I did not know that I am. I lived in a world that was a no-world. I cannot hope to describe adequately that unconscious, yet conscious time of nothingness.

With these words Helen Keller began an essay in her book entitled The World I Live In (Essay 11: “Before the Soul Dawn”).

Of course, Keller was blind and deaf. She was sealed off from written or spoken language at the age of 1½ by a devastating illness.Just before her 7th birthday, Anne Sullivan, the so-called Miracle Worker, arrived. Only three months later, Keller could write a simple note to a friend. Talking was harder. It took three years to catch on to speech. Then she mastered it just as quickly. By the years A miracle really did occur.

Standing down from a Devastating Illness among a family of Achievers Keller looked down on herself. But all it took was a lesson, a lesson on self awareness.And then she grew towards Success, to become The America's Darling.

We generally think Self Awareness is just one simple concept.But No.Self Awareness generally comes in two parts and that's what I wish to explain today in this case study. The first part stands for Asking Yourself Questions. About Yourself and knowing where you stand. But the second and more important part is Acceptance.

Her his first lecture was her path to prowess which included very basic yet very fundamental thoughts on Self Awareness. With the help of her Teacher She asked herself very simple questions

1. Who she was?
2. What All does she lack?
3. What All Can she do??
4. What She wants to become?

And after all this there was the hard part, Acceptance. She lacked many things and she knew it was that way, there is no changing. But then she realized the fact that she had to accept herself as who she was and be proud of it. Convert all her weaknesses into her strength and that was where the ballgame changed for Helen Keller.

We always ask ourselves. There are facts we know are true but we as common men always fail to accept it. Learn to know yourself. But after knowing yourself learn to accept it and work towards it.Anything and everything we feel we lack or we can do we tend to give it a shy eye. Even further we wish to achieve certain things in life we fail to give enough to it because of our laziness or attitude. And that's what Keller did different. And that's why Keller Stands upright as she is today.

*“Everything Has its Wonders*

*Even Darkness and Silence*

*And I learned*

*Whatever state I may be in*

*Therein to be Content”*

-Helen Keller

**III. Self Management:**

Self Management sounds like being your own boss, but it doesn’t mean setting up your own business. In fact it means taking responsibility for your own actions and doing things as well as you can. It shows you are able to organise yourself and offer your own ideas to any project. It’s about being the boss of YOU, not the boss of a team or company!

Self management is about making a choice to do more than you need to, and it is a great skill to build for life and work.

The three key self management skills include:

1. Initiative
2. Organisation
3. Accountability

* Initiative:

Initiative is being able to work without always being told what to do. You can show initiative by thinking for yourself and taking action when needed. It means using your head, and having the drive to achieve. Initiative requires self belief, because you need resilience and motivation to go out of your way to solve problems or do things without being reminded or asked.

* Organisation:

If you are organised in life and work it means you can plan your time and the things you have to do. You know what is most important, what should be done first and what will take the longest. It’s also about being prepared and having the things you need when you need them. So if you know you need certain tools or information to complete a task, you make sure you have them before you begin.

* Accountability:

Accountability and responsibility are similar but they don’t mean the same thing. A manager at work could give you responsibility for a task but you could still look for someone else to blame if it all goes wrong, or you could decide not to put the effort in because you don’t really care about the results.If you say to yourself that you are accountable, it means that you take ownership of the responsibilities that come your way. You take pride in your work and want to do it well to get the best results possible. You can be justly proud of the task’s success, and you accept responsibility if it goes wrong.If a task you are responsible for doesn’t go well, you will make it your personal mission to look for ways to improve next time or find a better way of completing the task using your problem solving skills. This is still accountability. It’s not about the task being successful or not – it’s about your attitude to the task.

Why is Initiative important?

Employers often say they want staff who can respond to and deal well with problems. Highlighting to an employer that you can think for yourself or “show initiative” will be useful in many job applications and interviews. It’s a great life skill, too. Taking the initiative is what makes you phone a friend to clear the air after an argument you both regret, or decide you are going to take up volunteering, or do further education.

Why are organisation skills important?

From managing your time to prioritising tasks, and even having a tidy desk, being organised will help you improve your employability and also your life. An organised person will know what they need to do and when, where their pen is, and if it’s their turn to bring biscuits into the office. They make lists, have a calendar or diary, and are able to manage themselves in all areas of life and work.

As well as ensuring you don’t forget your lunch or turn up late to an important meeting, organisation will make you look more professional and help you get your job done more effectively. Employers really value strong organisational skills, as they know you will be efficient and do the work on time. Being organised also shows how much you care about your job. Arriving every day, being on time, and remembering everything you need is really important.

Why is accountability important?

Everyone loves to see you have a positive attitude and can be relied on to put the effort in when something needs to be done. If you’re in a sports team, other people on your team know they can rely on you to give it your all. If you’re working on a group project, going the extra mile to contribute – and doing it because you care, not just because you have to – means the project is more likely to go well and people will want to work with you in future.

At work, employers want to know that you will take the work they give you seriously and treat it as a chance to show you can be trusted with more important work in the future. Taking responsibility for yourself is a great way to get invited to work on really exciting projects as you build experience over time.

Self-Management skills at work:

Strong organisational skills are demonstrated by planning your time and your workload effectively. Meeting deadlines will show potential employers that you are good at organisation, which is vital to do well in your career.

As well as ensuring you don’t forget your lunch or turn up late to an important meeting, organisation will make you look more professional and help you get your job done more effectively. Employers really value strong organisational skills, as they know you will be efficient and do the work on time. Being organised also shows how much you care about your job; arriving every day, being on time, and remembering everything you need is really important.

When you use your initiative you do things without being asked, solve problems that others may not have noticed needed solving, and go out of your way to continue learning and growing. You do extra research if required, ask questions, and seek help if you need to. It also means doing things for others. Going out of your way to help people shows that you’re willing to go above and beyond, which will impress employers.

Using your initiative makes you a desirable candidate for jobs and opportunities as you are showing you can think for yourself, as well as proving that you will continue to develop and grow in your role. It allows you to get ahead of the competition and ensure you’re up to date with what’s going on in your career sector.

Holding yourself accountable for the work you do means you will inspire yourself to add extra passion to your working day. It’s not just a job for money – it’s work you care about and want to do your best in. It can result in you doing a better job, and being the kind of candidate employers will want working for them because they know you will be dedicated for all the right reasons.

**Case Study:** Self Management

The client was a single 22-year-old male who had been referred to a Veterans Administration out-patient clinic for therapy, His presenting complaint was that he experienced pervasive and uncontrollable thoughts about being brain damaged, persecuted, and "odd." A recent neurological examination had revealed no significant findings. Feelings of depression and worthlessness were also reported. He was jobless and living with his parents at the time of referral.

The client was seen for 1 hr every other week. A self-monitored base line was requested to determine the frequency of obsessions. The data collection engaged in by the client throughout the remainder of the treatment consisted of an all-or-none time sampling method. He was given a 3 x 5 card which had been divided into days of the week. Each day was subdivided into 2 hr periods. The client was instructed to mark an ‘X’ in all time blocks during which the target behaviour occurred. The recording was to take place immediately after the observation of the behaviour.

A 2-week baseline indicated that obsessional ruminations occurred with moderate frequency---8 and 9 time blocks per week, respectively. Therapist probing revealed that the aversiveness of the obsessions stemmed from their content and uncontrollability as well as from their frequency. An initial therapeutic intervention was induced so achieve the target behaviour.

First therapeutic intervention consisted of an attentional distraction technique (backward counting) which was found to increase the target behaviour to 14 and 10 time blocks during weeks 3 and 4.

A second therapeutic intervention consisted of a self-punishment technique involving tactile aversion. The client was instructed to wear a heavy gauge rubber band around his wrist and snap it whenever he obsessed. A practice trial verified that this technique was moderately painful. Self-monitoring data for the following 2 weeks indicated a decline to 4 and 0 time blocks, respectively, of obsession.

By the end of this, 4-week therapy course, it was noticed that the Client had developed a positive attitude towards life which helped him to easily recover from the obsessional ruminations.

Daily improvements helped him to know his personal targets. Once he identified these targets, he was more motivated to achieve them. Even if the task that he seeked to accomplish was not as enjoyable as he thought it would be, but he still did it because he was motivated.

Life often has tough times. During these times, it is important for us to deal with them using a special set of skills and attributes. Developing ourselves on a daily basis assists us to grow these skills so that we can survive in life. Some of these skills are personal while others are interpersonal. There is none who only experiences good things in life. There are always some bad times. Thanks to a habit of developing ourselves on a daily basis, so that we can become strong enough to deal with them.

**IV. Social Awareness:**

Social Awareness is the ability to take the perspective of and empathize with others from diverse backgrounds and cultures; to understand social and ethical norms for behavior; and to recognize family, school, and community resources and supports.It is a crucial component of appropriate classroom behavior, which contributes to an environment conducive to learning. Social awareness is also widely established as an important factor in workforce success.

Why This Matters:- Social awareness may contribute to better behavior and achievement in school and increased engagement with community and school resources:

Positive Classroom Climate: Students with strong social awareness can more easily adapt to their environment, empathize with the perspectives of others, and engage in fewer disruptive classroom behaviors. This, in turn,creates an environment where students can focus on learning.

Better Relationships: Students who demonstrate strong social awareness are able to engage in constructive communication with their peers and resolve conflicts when they arise. These students benefit from peer learning and know how to take advantage of social support.

Fewer Risky Behaviors: Students who are able to adapt to new environments, understand the needs and perspectives of others, and know where to get support when they need it are less prone to emotional distress and less likely to engage in risk behaviors, such as drug use and aggression, that interfere with school success.

According to Daniel Goleman, the competencies associated with being socially aware are:

Empathy: understanding the other person’s emotions, needs and concerns.

Organizational Awareness: the ability to understand the politics within an organization and how these affect the people working in them.

Service: the ability to understand and meet the needs of clients and customers.

Awareness of social situations means you carefully consider what people want, and plan to communicate with them in a way that is intended to meet that need.

Building social awareness:

* Developing Empathy:

1.Put yourself in someone else’s shoes:

Think about being in line at the grocery store. The cashier is taking forever because he is new to his job. While you may be frustrated, you may also understand that when someone is learning something, they do not go as fast. You might picture yourself as the cashier, who is probably very stressed out that people are frustrated and grumbling. Because you are using empathy, you may decide to be patient and understanding.

2.Identify your own emotions:

Talk to someone. Sharing feelings out loud with others helps you get feedback, and also helps you sort through them as you talk.Write in a journal. Write down what’s going through your mind and help process and name your feelings.

3.Be an active listener:

Be focused on the person talking. Put down your phone or other distractions and point your body in the direction of the speaker. Make eye contact with the person.

4.Paraphrase the speaker’s statements.

For example, if your coworker says, “I am never going to get this project done! It is never-ending!” you could say, “Wow, you sound really overwhelmed!”

If you are off-base in your paraphrasing or reflecting back, the speaker will generally let you know with simple disagreement.

5.Reflect back:

You can say, “I am so frustrated after hearing this story about your boss.” The other person will likely either agree with your statement or point you more toward how they are truly feeling. Either way, you further understand what this person is experiencing and feeling, thus building empathy.

6.Collect stories:

Listen to other people’s stories. Be curious about people and ask them about their lives. Most of the time, people are willing to share about themselves, particularly if you are engaging in empathic behaviors and active listening.Read more books. Books help us become more empathetic because we are often reading the character’s own thoughts and motivations.

7.Find common ground:

Maybe there is a new kid at your school who is from another country. You don’t know anything about his culture, but you are both on the tennis team. You could use the common sport as a starting point for conversation.

8.Share your story:

Sharing deeper feelings needs to be done in an appropriate setting and after some initial connection has been made. Don’t run up to a person on the street and announce you want to share what it was like for you when your mom died. Get to know the person, and share deeper conversations in quieter, private settings,not in a noisy arcade or while others may be eavesdropping.

* Picking Up on Social Cues:

1.Watch body language:

Consider that the same gestures can mean different things. For example, think about someone shrugging their shoulders. This often means “I don’t know” or “I don’t care.” Or consider what it means when someone crosses their arms in front of them. Sometimes it means they are wanting to pull away from the conversation , sometimes it can express anger, or sometimes it is because the person is cold!

2.Listen to tone of voice:

For example, think about how “I’m fine” sounds when someone is saying it in a friendly tone of voice, versus saying it in an angry tone of voice.

Test out your tone of voice by repeating a sentence, imagining you are feeling something different each time. How does “You scared me!” sound when you are pretending to be happy, shocked, angry, or sad?

3.Watch facial expressions:

Facial expressions can often be very subtle, and it can sometimes take a while to discern them. For example, when people are genuinely happy, they smile with their eyes. You can see their eyes get crinkly in the corners. In a less genuine smile, the eyes don’t change as much, and oftentimes the lips remain closed.

4.Examine physical distance:

If you are standing too close to someone, then you might notice that they keep moving away, turning away, leaning back, or crossing arms or legs. If you are too far away from someone, then you might notice that they are leaning in, squinting, furrowing their brow, or looking around and showing only mild interest in the conversation.

5.Watch how people react to what you say:

For example, a person who says, “That’s great!” while slowly backing away probably does not want to have a conversation with you right now.A person who is leaning toward you, smiling and making eye contact, is probably genuinely interested in what you have to say, and you can take that as a cue to continue.

* Being a Part of Your Community:

1.Search for volunteer opportunities:

Find a volunteer opportunity that requires you to listen to and tend to the needs of another person or group. For example, you may wish to work at a food pantry or soup kitchen to understand the needs of people in poverty. You may wish to visit homebound senior citizens experiencing loneliness. You may wish to help new immigrants learn the language of their new country.

2.Educate yourself about different people and their concerns:Meet people in the population you are interested in. Read books written by people in this group, or listen to podcasts with a host from this group. This will give you insight into their lives and increase your awareness of problems they face.

3.Travel abroad:

If you are a student, spend a semester or do coursework abroad.Talk to people on your travels. Many people will be friendly and willing to share their country with you.

4.Travel to a new part of town:

Visit a local museum devoted to an ethnic group or culture.Spend a day in an ethnic neighborhood in your community (or perhaps nearby larger city). Walk around the neighborhood and try a new food for lunch.

**Case Study:** Social Awareness

Social awareness is defined as being aware of the problems that different societies and communities face on a day-to-day basis and to be conscious of the difficulties and hardships of society.

The society under the case study I'm choosing to take is the one which is called the 'Man's best friend'.

Recently an incident that took place in Santacruz enraged me. Upon seeing a dog and a pup playing in his building compound, a resident of the second floor asked the watchman to beat the dog and the pup with his stick hard enough that the shrieks of those animals' pain are enough terror for other animals to not enter the premises.

Eventually hearing the pain, a few bystanders gathered and recorded videos of the distasteful event rather than helping the animals in pain. A cease to this calamity occurred when an animal lover from the building took the animals in a cardboard box and took them to the vet. As per the latest updates, both the dog and the pup remain in critical condition, with many ribs broken. An FIR has been filed against the watchman and the resident who ordered the heartless beating of those innocent animals.

We think as a species we're so powerful that we can take away the natural habitats, well being and also the existence of any other species. This is exactly the social awareness that's needed around ourselves. We need to grow bigger than the awareness of race, cast, creed, gender etc of our own people that everyone keeps preaching about. Our social surrounding is the community that includes nature and all its creations. And we need to not only need to be aware of it, we need to respect it. I say it with a heavy heart, but if we as humans, well educated enough to be mbbs, throw dogs off of the roof of buildings for fun and record the video of it, we can't be called "social animals" anymore.

**V. Relationship Management:**

The final area you need to develop as part of emotional intelligence and raising your Emotional Quotient is that of Relationship Management. This is the ability to be aware of the emotions of those people you interact with and along with your own emotions to build a strong working relationship.

Relationship Management includes the identification, analysis, and management of relationships with people inside and outside of your team as well as their development through feedback . It also incorporates your ability to communicate, persuade, and lead others, whilst being direct and honest without alienating people.

Relationship management involves clear communication and effective handling of conflict. It is the bond you build with others over time. You need to be able to see the benefit of connecting with many different people, even those you are not so fond of. Solid relationships are something that should be cherished.

This is the aspect of your EQ that enables you to succeed in inspiring other people and helping them to reach their full potential. It is also vital in negotiating successfully, resolving conflicts, and working with others toward a shared goal. Your success in this final area is directly correlated to your success in the other three areas because management is all about getting work done through other people, some of whom you have no direct authority over.

Combining emotional intelligence with communication skills like making and presenting your case means that you will be able to persuade people to your point of view without manipulating them or simply telling them what to do. It also helps others accept a productive, goal-based action approach to tasks. The weaker the connection you have with someone, the harder it is to get your point across.

Three strategies to improve relationship management:

* Enhance your natural communication style: Whether it’s putting in your two cents when others are talking or shying away from disagreement, your natural communication style shapes your relationships. In your emotional journal jot down what your natural communication style is – think about your interactions with family, friends or colleagues. Is it direct, indirect, comfortable, serious, entertaining, chatty, curious, cool or intrusive? Jot down the upsides of your natural style – these are the things that people appreciate about how you interact with them. Then write down then the downsides; when your style has created confusion, weird reactions or trouble. When your list is complete, choose the three upsides that you can use in your communication. Next think about three downsides and strategies you can use to downplay or improve them. Be honest!
* Take Feedback Well: Feedback is a gift. It is meant to help us improve in ways we cannot always see on our own. Feedback can sometimes feel like opening a present and finding a pair of red striped socks on Christmas day. Not quite what you expected. When you are about to receive feedback ask yourself these questions “How do I feel when I am on the spot and surprised? How do I show it? What response should I choose? Tune into your social awareness skills and just listen to what is being said. Ask for examples to gain a better understanding of their perspective if needed. After you receive feedback use your relationship management skills to decide your next steps; don’t feel pressured to rush into action. Take time to sort out your feelings and thoughts and help you decide what you want to do with that feedback. Once you decide what you want to do with that feedback, follow up with concrete plans. If you take the feedback you receive from people seriously, it helps build and solidify your relationship with them.
* Don’t avoid the inevitable: Some people just get under your skin – whether it’s the way they communicate with you or express their feelings. Sometimes you have no choice and have to deal with people who press your buttons. Do not avoid the person or the situation because you deprive yourself of the opportunity to learn better self-awareness, self-management and social awareness skills. Watch your emotions and how you manage them. Put yourself into their shoes and observe their body language and how they respond to you. You may frustrate the other person just as much as they frustrate you.

**Case Study:** Relationship Management

This is an example from the film ‘300’ directed by Zack Snyder, which is in fact based on Greek history.

He and his brave 300 soldiers went to war against a massive army of about 1 lakh strong persian soldiers. They were heavily outnumbered by approximately 330:1. On one side of spectrum if you asked one of the greek soldiers if they thought they would win, they would have the utmost confidence. This is due to excellent leadership and the fact that all the followers believed in the same goal: winning.

A group is defined as "two or more persons who are interacting with one another in such a manner that each person influences and is influenced by each other person" - Shaw M. ; 1981.

This is a perfect example of relationship between king Leonidas and his army. They believed in him to death, while he believes in them leading him to the same fate.

As stated, there are 6 competencies associated with relationship management. They are :

Influence: The anecdote is sufficient in stating the role influence has on morale of a group.

Inspirational leadership: As seen in the movie king Leonidas was quite inspiring. Thus his leadership is the reason those 300 men fought with him against death.

Conflict management: There was a situation when the persian king Xerxes gave a tempting offer to Leonidas to surrender. It was at this crucial time when their king stood firm and resolved all the conflicts and the differences in his army.

Building bonds: It is essential for every team member to bond with other team member such a relation was created by leonidas as we saw in the movie their every attack was synchronous and bonded.

Teamwork and collaboration: All the soldiers were synchronised in their fighting skills. The ones at the front would protect the ones at the back with shields and the ones in the second row would continuously attack with spears.

**VI. Conclusion:**

As seen from the previous anecdotes, mastery each aspect of Emotional Intelligence is essential to fast track your career growth.

There can be no management without awareness. In a similar vein, understanding yourself is a necessary precursor to understanding others. Self Awareness is essential to Self Management, Self Management is crucial for Social Awareness and Relationship Management cannot happen without Social Awareness.

Thus, these aspects of Emotional Intelligence have an intimate connection with each other. One has no meaning without the others. Similarly, all need to be developed simultaneously for even one of them to have a measurable impact on your corporate life.

Integration of various aspects of Emotional Intelligence in our lifestyle is a way to bring about positive changes in the workspace, nurture better work relations between coworkers, ensure an atmosphere conducive to productivity and ensure holistic development of the entire workforce.

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