



DIGITAL ASSIGNMENT 2

Essay: Emotional Intelligence

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Emotional Intelligence

Emotional intelligence is the ability to be aware of, control, and express one's emotions, and handle ourselves and our relationships with empathy. According to Daniel Goleman, renowned author, psychologist, and science journalist, skills such as self-awareness, emotional mastery, motivation, empathy, and self-effectiveness have a more significant impact than raw intelligence on career success, outstanding individual performance, leadership, and the creation of successful teams. He argues that these soft skills have hard consequences because they are catalytic for other IQ-based skills.

IQ is given a lot of importance in the recruitment process, especially for engineering and tech fields. Knowledge and IQ-based tests help skim the companies for only the best of the bests. But this classification is based on an individual's cognitive abilities and not emotional abilities. Therefore, in highly reputable companies as well as in prestigious educational institutions a significant difference is observed among the associates. This is due to the highly refined emotional intelligence capabilities in certain individuals that distinguish them from others having the similar IQ measure. For example, two individuals may have the same skill set and knowledge base but their ability to achieve clarity of mind in stressful situations will be their most sought-after skill.

Emotional intelligence instills in a person a singular drive to succeed in all their endeavors. It motivates the person to challenge themselves and set high internal standards of success. To meet these standards one takes up challenges, not as a compulsion of retaining a job or maintaining an academic record but rather to satisfy oneself and the curiosity within.

Self-confidence is also an important soft skill. It means to trust your judgment. Often we are unsure of ourselves and therefore avoid taking decisions until the last moment or sometimes avoid such situations altogether. Although we appreciate the freedom this kind of autonomy is feared by many, especially the diffident. This attitude causes hindrance in both personal and professional lives. Self-confidence is a necessity to strike gold in personal, corporate, and especially entrepreneurial ventures. Emotional intelligence helps bring about self-confidence we take control of our emotions and discard negative sentiments of resentment, jealousy, and unhealthy comparison. This is verified at the neurological level as well.

Self-mastery aspects of emotional intelligence such as self-awareness and managing emotions boost our cognitive abilities and other talents. Self-awareness plays a major role in our decision-making abilities. As observed by Antonio Damasio, a distinguished neuroscientist, when we make decisions emotional centers prioritize for us. Through self-awareness, we can tune into what we call our 'gut' feeling. It affects our non-verbal communication and thus our professional or personal relationships. Managing distressing emotions is also an indispensable domain of emotional intelligence. Such emotions tend to preoccupy your mind and therefore prevent us from performing our best and shrink our cognitive abilities.

Man is a social animal. This is known to us for ages. The 'social brain' is the only part of human anatomy that reflects on the internal state of the other person. This means that there is an emotional subtext to all human conversions. This helps us to build rapport with our peers. This includes undivided attention from both individuals, complete synchronization of the non-verbals, and a characteristic 'good feeling'. These can be achieved by individuals possessing elevated emotional intelligence.

In conclusion, high emotional intelligence initiates the 'good feeling' of success in oneself and also spreads it to one's peers during daily interactions.

(Based on Social Intelligence Talk at Google by Daniel Goleman and his book 'Social Intelligence: The New Science of Human Relationship')