EMOTIONAL INTELLIGENCE

DEFINITION

Emotional Intelligence (EI) refers to the ability to recognize, understand, manage, and effectively express one's own emotions, as well as the capacity to effectively interact with others by understanding and managing their emotions. It plays a significant role in personal and professional relationships, decisionmaking processes, and overall mental well-being.

CHARACTERISTICS

- Empathetic Response: Actively listening and offering comfort when a friend shares about a loss.
- Self-awareness in Stress:
 Breaking tasks into pieces when recognizing anxiety from tight deadlines.
- Motivation Regulation: Setting small goals to maintain enthusiasm for a long-term project.

Emotional Intelligence Explained

Camilla Rothe

Emotional Intelligence Explained:

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