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# Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours

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Emotional Intelligence: What is it and why is it Important ...

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### **Emotional Intelligence: What is it and why is it Important ...**

Emotional  
Intelligence  
Why It  
Is Emotional  
intelligence  
(EI) is, in  
layman's  
terms, our

level of ability  
to: Recognize  
and  
understand  
our emotions  
and reactions  
(self-  
awareness).  
Manage,  
control, and  
adapt our  
emotions,  
mood,  
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Psychology Today In the book, Goleman lays out five components of emotional intelligence: Self-awareness: When we're self-aware, we know our strengths and weaknesses,... Self-regulation: Because they are self-aware, emotionally intelligent people can regulate their... Motivation: People with high emotional ... Importance of Emotional Intelligence -

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Place ...An organisation which is emotionally intelligent has staff who are: motivated, productive, efficient, aligned with the business, and committed; effective, confident, likable, happy, and rewarded.»  
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when your pride and...Why Emotional Intelligence Is Indispensable For Leaders<sup>1</sup>. You think about feelings. Emotional intelligence begins with what is called self- and social awareness, the ability to recognize emotions (and their impact) in both yourself and others. That...<sup>13</sup> Signs of High Emotional Intelligence | Inc.com Emotional intelligence has been

defined, by Peter Salovey and John Mayer, as "the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately, and to use emotional information to guide thinking and behavior". Emotional intelligence - Wikipedia Emotional Intelligence is important, it's intrinsic to who we are, and as such it impacts every facet of our

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Emotional intelligence is the capacity to understand and manage your emotions. The skills involved in emotional intelligence are self-awareness, self-regulation, motivation, empathy, and social skills. Emotional intelligence, on the other hand, is the way you

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