EQ: Emotional Intelligence



What is Emotional Intelligence (EQ)?

Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use that awareness to manage your behavior and build healthy relationships. EQ is <u>not</u> about *good* or *bad* emotions, or not having emotions at all. EQ is about increasing our awareness of emotions—ours and those of others—so we can behave in a way that builds healthy, productive social relationships.

Yourself Others Personal competence Social Competence Self-Awareness Social Awareness Recognition Empathy Emotional self-awareness · Organizational awareness Accurate self-assessment Self-confidence Understanding others Social Skills Self-Management Inspirational leadership · Self-control and emotional regulation · Developing others Transparency · Influence and driving change Adaptability Building bonds · Initiative and drive Teamwork and collaboration