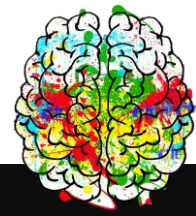


EQ: Emotional Intelligence



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 not 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.

