

Emotional Intelligence is the ability to recognise, monitor and regulate your own emotions and act intelligently, rather than make reactive decisions.

Emotional Intelligence also gives you insight, understanding and recognition of other people's behaviours and how they choose to manage them.

People with High Emotional Intelligence – EQ – Emotional Quotient

- They are self-motivated even during the most frustrating circumstances; they can stay in the moment and focused.
- They manage their impulses that include anger, frustration, judgment, fear, resentment and sadness.
- They see the big picture and don't have to respond to everything immediately.
- They are able to recognize their emotions and use self-talk to keep emotional moods balanced and stay positive.
- They have the ability to oppose negative thoughts with positive thoughts.
- They don't allow stress to overwhelm them and cloud their thinking or judgment, they wait and make sound decisions..
- They recognize emotions and have empathy with others giving emotional support when required.
- They have the ability to make others feel important and support them to gain a sense of belonging
- They make wise, fair choices when decision making, considering the other person's point of view and look for a fair outcome.
- They listen well and have a strong sense of individuals/teams emotional position and what your body language might be presenting, they have a high regard for others and their story.

Emotional Intelligence is the missing brick in the foundation of the path to lifelong learning