

The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics

Key Takeaways

1

Emotional intelligence is the ability to **identify** and **manage** one's **own emotions** and the emotions of others.

Emotional intelligence can improve:



Interpersonal dynamics



Psychological wellbeing



Physical health

2

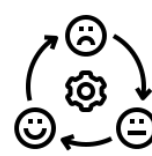
Green Flags of Emotional Intelligence



Strong sense of self-awareness



Able to embrace change



Able to manage emotions



Thirst for personal development



Able to show empathy and compassion



High interpersonal skills



Manage conflict effectively

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3

Five Components of Emotional Intelligence

<p>1</p>  <p>SELF-AWARENESS</p> <p>Know your own thoughts, feelings and motivations</p>	<p>2</p>  <p>SELF-REGULATION</p> <p>The ability to regulate your own emotions and actions in various situations</p>	<p>3</p>  <p>MOTIVATION</p> <p>Understand your intrinsic motivation which drives you to achieve</p>	<p>4</p>  <p>EMPATHY</p> <p>The capacity to empathise and appreciate other perspectives</p>	<p>5</p>  <p>INTERPERSONAL SKILLS</p> <p>Strong networking and relationship-building skills, the ability to build rapport</p>
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Need a bit more help?

Discuss with your coach on more personalised strategies to master Emotional Intelligence!



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

