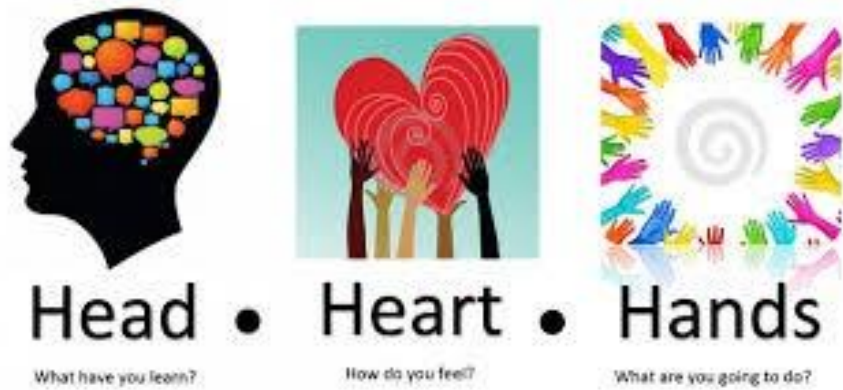


# Emotional Intelligence

Emotional intelligence is understanding your own and other people's emotional makeup well enough to move people in the direction of accomplishing your goals. *Daniel Goleman, 1998*

- **Self-awareness**—Recognizing and understanding your moods and feelings and appreciating their impact on others
- **Self-regulation**—controlling disruptive impulses
- **Motivation**—a desire to work for intrinsic rewards and pursue goals with persistence
- **Empathy** – understanding other people's emotional makeup
- **Social skill** managing relationships and associations by finding common ground with others.





## Emotional Intelligence

- ▶ Refers to the **capacity** for:
  - **Recognizing** our own feelings and those of others
  - **Motivating** ourselves, and for
  - **Managing** emotions well in ourselves and in our relationships.
- ▶ EQ is distinct from, but **complementary** to, academic intelligence as measured by IQ.

*Daniel Goleman, Emotional Intelligence*



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