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**Emotional Intelligence**

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### **Emotional Intelligence**

Many people are aware of general intelligence: the ability to learn, apply logic, and solve complex problems. However, people also possess emotional intelligence that is often ignored or overlooked. Emotional intelligence is a term coined by researchers in the 1990s and is different from general intelligence. It is the ability to comprehend and manage personal emotions. In addition to that, emotional intelligence can be determined using different means. Still, the most common one is possessing the ability to comprehend and influence others' behaviors and emotions. Having experienced this type of intelligence in my life, I can confidently say I have high emotional intelligence because I understand and can influence my closest friends' attitudes and behaviors.

Having emotional intelligence is one thing, but it is essential to ensure that I engage in ways that can help me improve my emotional intelligence at this time in my life. One of the critical elements of emotional intelligence that I work on to continue improving my emotional intelligence is my self-awareness level. I am always conscious of my motives and feelings because I must have a high level of self-awareness. I understand the importance of self-awareness because my emotions can affect myself and others, too and I do not want to let my emotions control me. Besides, to improve my emotional intelligence, I must work on self-regulating my thoughts and actions. This is important because I do not want to find myself making impulsive decisions. I need to take time and reflect on the consequences of my actions before proceeding with any action.

Moreover, motivation is also key to emotional intelligence. For instance, if I am not motivated both physically and mentally, my emotional intelligence will suffer. Hence I must continuously work on improving my motivation. Another way of improving my emotional

intelligence is through empathy. Many people are self-centered and therefore lack emotional intelligence. Self-centered individuals focus on their emotions while ignoring what others think and feel. However, to continue developing and improving my emotional intelligence, I work on empathizing with others in different circumstances. I must continuously strive to be a good listener, take it slow on judging others, and understand others' needs. In this manner, I can become a compassionate, loyal and better individual to others. Consequently, improving my communication skills and ability to manage relationships is also essential if I improve my emotional intelligence. I must continuously work to enhance my communication skills, especially where teams are involved.

Most emotional intelligence skills are best suited to those with an understanding of psychology, but that does not mean they cannot learn them. If you are less-empathetic, you can practice more self-awareness and be conscious of how you relate with others to increase your emotional intelligence.

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