

self

by Spiritual Intelligence

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Self-Awareness

It is the capability to access advanced implications, abiding devotions, insensible aspects, and values of a person to implant these significance, objectives, and benefits in living better resourceful lives. We believe human beings are instinctive with the ability to use spiritual intelligence because it supports our existence. Although the self-awareness opinion is dissimilar from Goleman's expressive self-awareness, transcendent self-awareness is to recognize what I I'm concerned about. It is respecting others and living true to myself. Being authentic is the foundation of sincere communication with my profounder self-awareness. Acknowledging that I don't know everything is beneficial for both myself and the organization. Self-awareness of my strengths and weaknesses on interpersonal levels will increase my credibility, thus impacting my leadership effectiveness. Self-awareness acknowledgment will also help in modeling that is in my organization. It is okay to make mistakes, admit that you don't have all the answers, and ask for help. These characteristics in my organization while cause constant springboards and learning to agility and innovation.

Connection to Others

Self-awareness serves as a foundation for my spiritual growth and also as a channel for considering other people improved and mounting evocative associations. It is clear that employee satisfaction is key to organizational success better connection to others leads to higher productivity. Research report by the University of Warwick shows that unhappy workers showed up to 10 percent less productive. In comparison, happy workers showed 12 percent more productive .connection

to others will also increase collaboration and creativity due to the presence of positive emotions making an individual inclined to be more creative and problem-solving. A good connection to others will also make workers more cooperative in working towards mutual goals. A good relationship between workers and bosses will make employees happy, increasing the odds that they go to work excited. I will ensure that trust will be the cornerstone for transparency, openness, and honesty among all the workers, which will result in more productive and effective employees. Mutual respect will involve everyone's ideas, values, and thoughts. Diversity in opinions will be accepted to make everyone feel valued, resulting in noble connections at work environment. Open announcement, a part of pronounced associations, will be fostered to richer relationships at work.

Connection to the Transcendent

Spiritual transcendence is the otherworldliness into a world beyond the spatiotemporal realm which surrounds us. Knowingly and unintentionally the real spirituality is practiced in different places, including workplace, homestead, and within the community. Spirituality in the context of the work environment can be viewed on two different levels. First is the individual level, which is a set of values that encourage personal, transcendent experience through work processes facilitating the feeling of being connected to others and a happy and complete feeling. On the other hand, the secondary level of organization is the framework of the values of the organization culture, which encourages employees' transcendent experience through work. The second level recognizes that employees have an inner life that nourishes the action that takes place in the community. Emotions and attitudes generated in the workplace have less impact than satisfaction, which includes perception, value, and value. I will use job satisfaction to view employees who are positive or negative about their work. Satisfied employees will produce

more, evident by the spiritual increase of joy, commitment, and job satisfaction. Spirituality will increase the level of physical and mental health, thus lowering job stress. When people practice spirituality in the workplace, they will become fulfilled, increasing production. Spirituality is connected with honesty, increased creativity, and improved evaluation of individuals. Spiritual transcendent will also interact with behavior and emotional cognition to create a positive feeling that will enhance thinking and confidence. I will use organizational commitment and the fulfillment of the employees' spiritual needs to serve as a base for engagement. The triggers for mental causality and the corporate background will be the realization that work has an additional reward apart from material alone.

Improvement on Connection to the Transcendent

The connection to something much higher than ourselves experienced in spirituality is a universal practice. Although religion and religiosity differ, spirituality has a deeper understanding of an individual relationship with the transcendent. I will seek a meaningful relationship with something bigger than myself to increase positive emotions. Since most of the positive emotions increase spirituality, I will focus on feelings that have a capacity of bonding individual together. self-transcendent emotions are the next item that I will focus on to connect my spiritual being through prosocial conduct. Self-compassion psychology will help in expressing kindness towards someone and viewing the shortcomings of people with a non-judgmental attitude. It will also help in connecting somebody's experience of suffering from that of collective humanity. Lastly, it will bring mindfulness of suffering without making it somebody's identity or becoming attached. Emotions such as love, admiration, appreciation, elevation, gratitude, compassion, and awe are purposeful and meaningful. The next item I will focus on is the psychology of gratitude, which is intellectualized as a higher emotion connected

with immorality since it serves as a moral barometer due to its indication when an interpersonal interaction is perceived as beneficial and as a meter to one's power.

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