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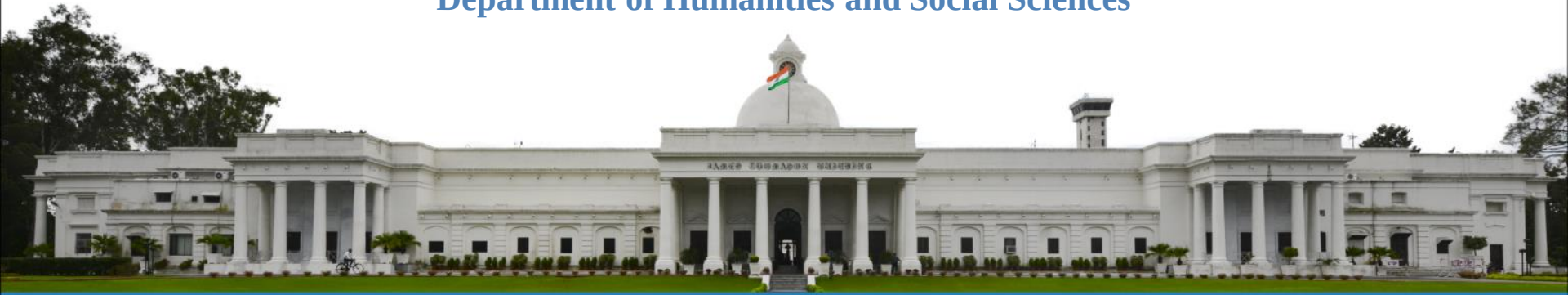
NPTEL ONLINE CERTIFICATION COURSE

LECTURE-32

Emotional intelligence- II

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Characteristic describe people high and low in emotional intelligence

- They aren’t afraid of change and quick to adapt it.
- They are aware of their potentiality to work and adapt to environment.
- They are empathetic means relate to others.
- They operate on trust.

Why developing emotional Intelligence skills is important?

- Being emotionally intelligent will help you to connect others.
- Self-management and relationship help to laid happier life.

➢ **Emotional intelligence in work place-**

- Emotional intelligent people excel in all aspect like leadership and teamwork.
- They are motivated and effective since their goal aligned with organization aim.

Importance of Emotional Intelligence in relationship

- Read other people reaction and react to them appropriately.
- Regulate own emotions appropriately.
- Regulating own thought allow us to regulate our emotions.
- Being aware of own action and what consequences it would have on others.

How can we improve Emotional intelligence

- Use mindfulness to maintain emotional intelligence.
- Engage in self- evaluation to identify weakness.
- Examine how one should react to stressful situations.
- Take responsibility of your action and try to make things right.