

What is Emotional Intelligence?

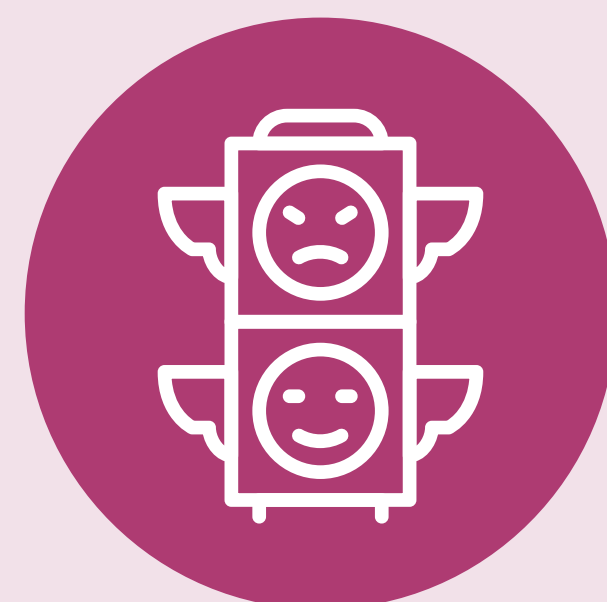
A measure of our ability to perceive, understand and manage our emotions and those of others.

According to Daniel Goleman (1998), it encompasses the following...



Self Awareness

The ability to recognise, understand and express our emotions.



Self Regulation

The capacity to appropriately and proportionally manage our emotional state.



Empathy

The ability to perceive and understand the emotions and feelings of others.



Social Skills

The skills needed to effectively manage and influence the emotions of others.



Self-Motivation

The facility to use emotion to maximise performance towards our goals.

Why is EI Important?

'Successful Intelligence' (Sternberg, 1996) encompasses more than simply having a high IQ. To be successful we need to know how to effectively use the skills we have.