Mindluster Platform

About the course Emotional Intelligence

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. ... Social awareness â€“ You have empathy.What are the five components of emotional intelligence? According to Daniel Goleman , an American psychologist who helped to popularize emotional intelligence, there are five key elements to it: Self-awareness. Self-regulation. Motivation. Empathy. Social skills.What are the 4 types of emotional intelligence? The four categories are: Self Awareness, Self Management, Social Awareness and Relationship Management.Why is emotional intelligence important? Emotional intelligence allows you to understand and manage your emotions in order to self-motivate and to create positive social interactions; it's the first step in realizing your true potential. ... Emotional Intelligence is a useful skill to prevent making decisions based on emotional biases.

Soft Skills Category's Courses

Course Lesson(3)

Lesson 1 : **Emotional Intelligence Introduction to Emotional Intelligence**

Lesson 2 : **Emotional Intelligence Emotional Intelligence and your personality**

Lesson 3 : **Emotional Intelligence EQ and IQ**

Related courses

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