

## About Emotional Intelligence

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*The other skill you need for success*

### What is Emotional Intelligence?

**Emotional intelligence** is a term we often hear these days. When most of us were at school, we heard a lot about cognitive intelligence. Learning how to think well was paramount to doing well at school and in our careers later in life. This is still true today of course.

In recent years, we have learned that intellect is not the only requirement for progress. You can be very intelligent and solve all kinds of technical problems. But unless you can manage your feelings and relationships, you lack a key component of your potential for success.

People are not machines. Relationships are important in private and work life. We need the right connections with others to get on well. This is why **Emotional Intelligence** matters.

The concept of **Emotional Intelligence** comes from the work over the last 10-20 years of social and other researchers, including David Caruso, Peter Salovey and Daniel Goleman (although it was known about centuries before this by the ancient philosophers).

**Emotional Intelligence** is the ability to recognise and manage your emotions, and recognise and respond appropriately to the emotions of others. The four quadrants **Self-awareness, Self-Management, Social Awareness and Relationship Management** are inextricably linked.

### Self-Awareness

To function well, we need to know how we are feeling at a given moment, and use the right words for our feelings. We need to understand how feelings link to thoughts and actions.

### Self-Management

Social norms require that we take charge of our feelings. If strong feelings, like anger or depression get out of control, we could hurt others or ourselves, causing calamities.

### Social Awareness

Awareness of others' emotions helps us to connect with them. We feel empathy, consideration and kindness. We better understand others' reactions and concerns.

### Relationship Management

Improved understanding of others brings better responses. We act more meaningfully. Interactions are more harmonious. Relationships improve at home and at work.

To meet the need for this important skill, we have developed a brief, to the point, easy and insightful course **Mastering Emotions**. This course that will teach you how to understand and manage your emotions, both in private life and in the workplace. You can listen to and keep our pre-recorded video course. A few clicks away, and it will soon be yours. Why not do it now?

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