



About Emotional Intelligence

The other skill you need for success

What is Emotional Intelligence?

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

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 also well known about centuries before this by the ancient philosophers, such as Plato. Aristotle and the Stoics.

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.

Emotional Intelligence is recognised as having four main components:

Self-Awareness

Self-awareness refers to knowing and understanding yourself – who you are and what values you live by.

Self-Management

We learn about our emotions and how to manage them before they take control of *us*.

Social Awareness

Awareness of others helps us to connect. We feel empathy, consideration and kindness. We understand others' concerns.

Relationship Management

We act thoughtfully, treating others with respect. Interactions are more harmonious. Relationships improve at home and at work.

Why Emotional Intelligence is Important

Emotional Intelligence is key to success in today's world. Without it, your emotions can be dysregulated, affecting your capacity for rational thinking and sound decision-making. This matters whether you are a private individual or a workplace manager.

We all interact with other people, both in private life and in the workplace, whether it is in our own workplace, or even just at the shop when we are waiting in line to be served.

Managing our emotions matters to our own wellbeing and to that of all the people that we interact with on a day to day basis.

To learn more about emotional intelligence, see our online course *Mastering Emotions*, which educates and informs about the skills of emotional intelligence.

You will have a headstart in understanding and managing your emotions, and importantly, getting on well with others.

Dr Pauline Enright Mobile: 0409 191 342
Email: pauline@radianceshobart.com.au

PO Box 907, Sandy Bay, TAS 7006
Website: www.radianceshobart.com.au
