

What is Emotional Intelligence

Ability to identify, assess and control the emotions of oneself and others.

Assessment Domains of Emotional Intelligence

Emotional intelligence is a comprehensive term and a compound of some abilities essential for human life and social transactions. Self-awareness, social skills, self-confidence, self-esteem, self-control, motivation and empathy are core ingredients of emotional intelligence.

Self-awareness

Conscious knowledge of one's own character, feelings, motives and desires is known as self-awareness.

Social Skills

The skills to communicate & interact with each other, both verbally and non-verbally is called social skills.

Self-confidence

A feeling of trust in one's abilities, qualities and Judgments is considered as self-confidence.

Self-esteem

A feeling of having respect for yourself and your abilities is called self-esteem.

Self-control

The ability to control oneself in particular one's emotions and desires, especially in difficult situations is self-control.

Motivation

Motivation is defined as the process that initiates, guides and maintains goal-oriented behaviours.

Empathy

The psychological identification with experiences of feelings, thoughts and attitudes of others.

Importance of Emotional Intelligence

Emotional intelligence helps to deal with emotions and respective domains in order to develop a mature and productive personality in academic, personal, social and professional walk of life.

TAKE EMOTIONAL INTELLIGENCE (E.Q) TEST