

Top 3 Skills to Develop for

# Enhanced Emotional Intelligence



# Top 3 Skills to Develop for Enhanced Emotional Intelligence

**The dictionary defines emotional intelligence as....**

“the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. Emotional intelligence is the key to both personal and professional success.”

The term emotional intelligence was first used by Jack Mayer and Peter Salovey. Salovey was Yale University's president while Mayer was a professor at the University of New Hampshire. They created the term and the EI theory itself.

What their work demonstrated was how emotions could impact the behavior and thought process of an individual. That was in 1990.

**Here are the top 3 skills to develop to Enhance your EQ:**

## Self-awareness

**Self-awareness** is a critical skill that plays a significant role in enhancing emotional intelligence (EQ). Developing self-awareness involves becoming more conscious of one's thoughts, feelings, and behaviors.

It requires an individual to examine their actions and reactions and gain a greater understanding of the underlying motivations and triggers.

Self-awareness can be enhanced by various techniques such as mindfulness, journaling, and self-reflection.

By developing self-awareness, individuals can better understand their emotional responses and learn to manage them effectively. This allows them to communicate more effectively, build stronger relationships, and make better decisions. Self-awareness also enables individuals to be more empathetic towards others, as they can better understand and relate to the emotions of those around them.

## **Self-regulation**

Self-regulation is another important skill that plays a significant role in enhancing emotional intelligence (EQ). Self-regulation involves managing one's thoughts, feelings, and behaviors in a way that is conducive to achieving their goals and aligning with their values.

Developing self-regulation involves learning to control one's impulses and emotional reactions. It requires an individual to be aware of their emotions and thoughts and to be able to respond to them in a way that is productive and constructive.

Techniques such as deep breathing, meditation, and mindfulness can help individuals learn to regulate their emotions and manage their reactions.

By developing self-regulation skills, individuals can better control their emotions and avoid impulsive or inappropriate behaviors. This enables them to communicate more effectively, build stronger relationships, and make better decisions. Self-regulation also enables individuals to be more empathetic towards others, as they can better understand and regulate their emotional responses to others.

## **Self-motivation**

Self-motivation is another important skill that plays a significant role in enhancing emotional intelligence (EQ). Developing self-motivation involves setting goals that are meaningful and aligned with one's values and interests. It requires an individual to have a clear vision of what they want to achieve and to be able to stay focused on that vision even when faced with challenges or distractions.

Techniques such as visualization, positive self-talk, and goal-setting can help individuals develop self-motivation.

By developing self-regulation skills, individuals can better control their emotions and avoid impulsive or inappropriate behaviors. This enables them to communicate more effectively, build stronger relationships, and make better decisions. Self-regulation also enables individuals to be more empathetic towards others, as they can better understand and regulate their emotional responses to others.

In conclusion, all three are critical skills that are essential for enhancing emotional intelligence. By practicing these skills, individuals can develop this skill and reap the benefits of increased emotional intelligence.