



# EMOTIONAL INTELLIGENCE

**HOW AWARENESS OF EI**  
HELPS TO PREVENT STRESS  
ENABLES EXCELLENCE  
CREATES POSITIVE HEALTH

- Emotional Intelligence is the ability to sense and understand one's own emotions, to express and regulate them appropriately and to use them in the process of decision making. It includes the capacity to understand and feel for others, and so set up and maintain quality relationships

Definition arranged by Dr Anjana Sen

# Emotional Competencies

"a learned capability based on emotional intelligence that results in outstanding performance at work" (Goleman, 1998).

	<b>Self</b> Personal Competence	<b>Other</b> Social competence
<b>Recognition</b>	<b>Self-Awareness</b> <ul style="list-style-type: none"> <li>- <b>Emotional self-awareness</b> <ul style="list-style-type: none"> <li>- Accurate self-assessment</li> <li>- Self-confidence</li> </ul> </li> </ul>	<b>Social Awareness</b> <ul style="list-style-type: none"> <li>- <b>Empathy</b> <ul style="list-style-type: none"> <li>- Service orientation</li> <li>- Organizational awareness</li> </ul> </li> </ul>
<b>Regulation</b>	<b>Self-Management</b> <ul style="list-style-type: none"> <li>- <b>Self-control</b> <ul style="list-style-type: none"> <li>· Transparency</li> </ul> </li> <li>Trustworthiness           <ul style="list-style-type: none"> <li>· Conscientiousness</li> <li>· Adaptability</li> <li>· Achievement drive</li> <li>· Initiative</li> <li>· Optimism</li> </ul> </li> </ul>	<b>Relationship Management</b> <ul style="list-style-type: none"> <li>- <b>Developing others</b> <ul style="list-style-type: none"> <li>· Influence</li> <li>· Communication</li> <li>· Conflict management</li> <li>· Inspirational Leadership</li> <li>· Change catalyst</li> <li>· Building bonds</li> <li>· Teamwork &amp; collaboration</li> </ul> </li> </ul>

Emotional Intelligence is what  
makes the difference

between

**REACT** and **RESPOND**

Between

**QUALIFIED** and **SUCCESSFUL**

# Emotions make up the Canvas on which we paint our lives

EMOTIONS ARE THE BASIS OF

- Motivation,
- Optimism,
- Assertiveness,
- Integrity,
- Conscientiousness
- Adaptability,
- innovativeness,
- negotiation skills,
- leadership
- influence
- Commitment
- Loyalty
- Relationships

# Emotional Information contributes to

- Decision Making
- Management
- Negotiation
- Marketing
- Collaboration
- Building Bonds

Emotional Energy

contributes to  
Excellence

# Leadership is an EI competence

Emotional Competencies are increasingly called into play as one goes higher in the organizational hierarchy

Technical Competence gets you the job

Emotional Competence gets you Promoted



# UNDERSTANDING EI CONTRIBUTES TO SELF - REGULATION

- STABILIZATION OF EMOTIONAL LEVELS PROVIDES STABLE LAUNCH PAD FOR INTELLECTUAL PURSUIT
- HELPS MAXIMIZE POTENTIAL
- PREVENT STRESS DUE TO EGO IMBALANCE
- DIGEST AND LEVERAGE FEED-BACK

# UNDERSTANDING EI CONTRIBUTES TO SELF - MOTIVATION

- UNDERSTAND HUMAN NEEDS AND DRIVE
- UNDERSTAND HOW TO MOTIVATE OTHERS
- BE SELF-DRIVEN
- SELF – REWARDING
- MAINTAIN CREATIVITY

# UNDERSTANDING EI CONTRIBUTES TO SUCCESS IN RELATIONSHIPS

- EMPATHY AND THE BASIS OF SOCIAL INTELLIGENCE
- HELPS IN GETTING ALONG WITH OTHERS
- CONTRIBUTES TO PROFESSIONAL SUCCESS
- FULFILLING AND LASTING PARTNERSHIPS LEAD TO HEALTH BENEFITS

# Long Term Secure Relationships

- Build Psycho-bio-immunological bonds
- People in fulfilling relationships, personal, professional, and with healthcare deliverer cope well with stress and remain protected from it's adverse health-related effects
- Provide purpose and joy preventing depression and self-destructive behavior, reducing load on healthcare

# UNDERSTANDING EI CONTRIBUTES TO **BUILDING RESILIENCE**

- WHEN THE GOING GETS TOUGH THE TOUGH GET GOING
- **LIFEBOATS ARE BUILT BEFORE CRISIS**
- ADAPTABILITY AND PATIENCE REQUIRE PRACTICE
- **CAPACITY FOR OPTIMISM AND MOOD MANAGEMENT DEVELOPED PRO-ACTIVELY**

**Empowerment**  
Through  
**EMOTIONAL INTELLIGENCE**

**ARE YOU READY FOR IT?**



Dr Anjana Sen

- **Mission**
- Create awareness about Emotional Intelligence empowering individuals and teams with intrinsic confidence and secure-ness to lead fulfilling synergistic lives
- To prevent stress at its points of generation through understanding of stressors and development of resilience leading to development of Positive Health and Attitude
- To enhance Harmony and World Peace through mature interdependence