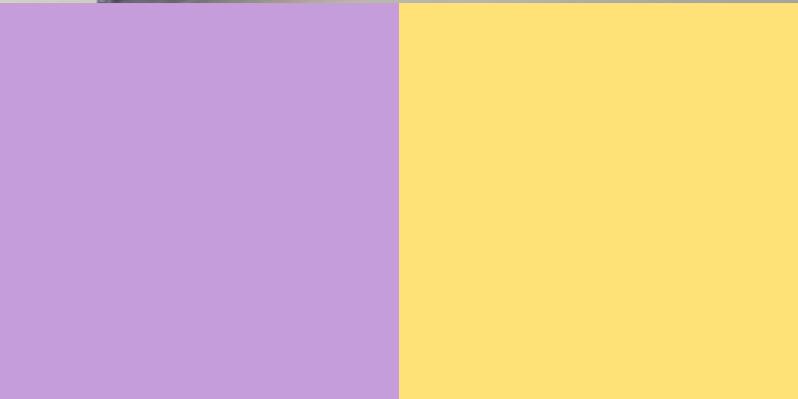
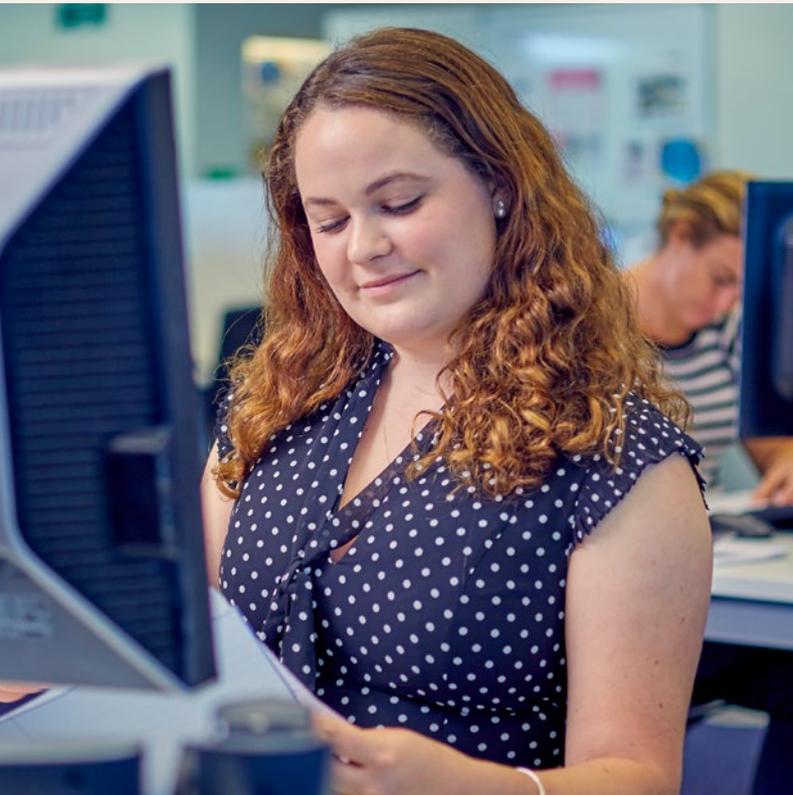


# Emotional intelligence. Career kickstart.



# Understand your emotions.

Emotional intelligence is all about understanding our emotions and how to keep them in check. It's also about learning to respond to the feelings of others, both in and outside of work. Let us break it down for you.



Your career will put you under all kinds of pressures, both big and small. The working week can be a roller coaster day to day, especially when you have deadlines to meet. This section will provide some pointers on how to become more emotionally intelligent, keep your feelings in check and not let things get on top of you.

## Intuition and Empathy

Tune into other people's feelings, needs, and concerns as well as your own. Communicating with colleagues will teach you how to understand other people and get better at spotting their emotions.

## Social Skills

Chat with colleagues, present your ideas and discuss work projects to hear others points of view. Sharing ideas is good for problem solving and can help you feel inspired and achieve more. It'll also give you a chance to identify your strengths and learn how to work as a team.

## Self-awareness

Self-reflection will help you to see what you are good at, what you can improve on and what you prefer doing. It'll also help you to recognise your emotions and how they affect the people around you.

## Self-regulation

Staying in tune with yourself will help you to manage any negative emotions, stay honest and embrace new ideas.



### Self-motivation

This is about reaching your goals. Because self-motivated people strive to improve, act on opportunities without having to be told and keep going in the face of setbacks.

Lots of companies are investing in training for their staff to help them become more emotionally intelligent. So it's worth thinking about how self-aware you are and how much you can identify, analyse and control your own emotions and the emotions of those around you.

Emotional Intelligence is a trait employers look for as it demonstrates multiple attributes that are positive in a working environment; including team work and independent responsibilities. Being confident and utilising the ingredients of emotional intelligence will potentially help you understand your own aims and goals as well as open further opportunities.

To get an idea of where your strengths and weaknesses might lie, why not try this Emotional Intelligence Quiz:

[http://psychology.about.com/library/quiz/bl\\_eq\\_quiz.htm](http://psychology.about.com/library/quiz/bl_eq_quiz.htm)

Or for more general information, visit:

[www.mindtools.com](http://www.mindtools.com)

<http://www.emotionalintelligenceatwork.com/>