

Want to beat the crowd? Upgrade your emotional intelligence

NOMROTA SARKER

Emotional Intelligence refers to the ability to recognise, understand and regulate our own emotions as well as do the same with others'. In practical terms, this means being aware of the fact that emotions have a significant impact on human behaviour and decisions both positively and negatively. Created by Peter Salavoy and John Mayer, this term gained popularity in 1996.

In modern-day and age, emotional intelligence is more valued than any other form of intelligence. For the development of interpersonal relationships between peers, colleagues and even friends and family, this can be a game-changer in establishing clear and meaningful communication. EQ is also very much celebrated for its significant contribution in self-development and professional growth.

The Four Quadrants

Emotional intelligence is all about channelling one's energy and feelings into exciting and positive pathways through building awareness of emotional logic. Emotional intelligence revolves around four quadrants with which a person's emotional excellence is determined. The quadrants are Self-awareness, Social recognition, Self-management and Social relationship management.

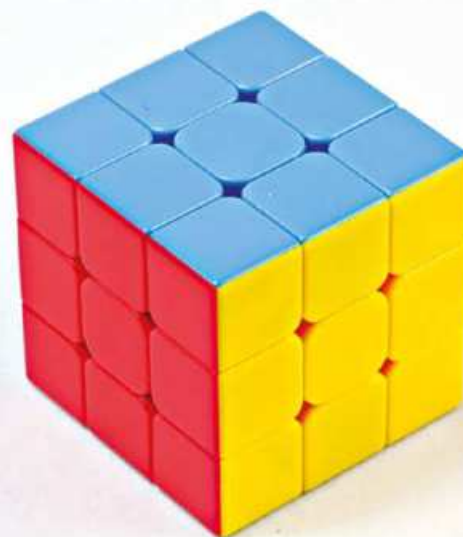
Self-Awareness

Self-awareness typically reflects

interpersonal communication. This quadrant is concerned with how well you understand yourself and your personal psychology. Self-awareness is the first step towards a better perspective of the vision that you might have for yourself. This includes closely inspecting your own personality and learning styles, mental attitudes and states, strengths and weaknesses, stress levels and spirituality. In simpler terms, it is the attempt you need to take to address your feelings for exactly what they are instead of trying to relate it to a similar yet non-applicable scenario for yourself.

Social Recognition

The social recognition scale reflects your consideration of the feelings and responses of others. This is where empathy plays a crucial role. It is important to maintain sensitivity to the moods and emotions of others because it allows for superior intuition and connection. Often with a classmate or



a colleague communication can seem to be hard if their emotions are opaque to you. Social recognition is that step you take to be attentive and listen to them with an intention to build effective communication with them. It is how you show your control over the external factors and scenarios. The key element for social recognition is your 'reaction' to your surroundings and how you tackle its consequences.

Self-Management

Self-management reflects indicates self-evaluation coupled with self-regulation. 'Indulgent' behaviour is what we are trying to avoid here. This quadrant is only concerned with your internal discipline and your ability to achieve personal objectives. In the case of developing inner resolutions, self-management is the key quadrant that can build an achievement-oriented outlook for you. It can give you a direction, as to how to start working on yourself and bring back the discipline in your life.

Social Relationship Management

Social Relationship management includes interpersonal skills and focuses intelligence on generating results. This social intelligence fosters collaboration and connection to tap the power of synergy. This quadrant pulls together the other 3 dimensions and creates the final product; relationship management. Often if we have the other three dimensions figured out, this will flow more naturally. Relationship management can be used to influence those around us to make a good decision. We can sense others' reactions to the situation and fine-tune our response to move the interaction in a positive direction. This comes in handy in the case of collaboration, team management and good leadership as well.

If you are wanting to start 2020 on a positive note by focusing more on self-love, develop emotional intelligence for better mental health that will eventually open doors for self-development and personal growth in the future.

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