

8 lessons on EMOTIONAL INTELLIGENCE

Intelligence is not only rational, it is also emotional. And both of these interact to build our life.

Emotional intelligence is **decisive in academic success**. Due to, for example, the ability to manage failure.

Emotions can be powerful and being able to deal with them, for example negative ones, is part of emotional intelligence.

Positive leadership, which is typical of emotional intelligence, involves persuading others to pursue a common goal.

People who can control the habits of their mind and who possess emotional skills are **more likely to live a good life**.

Self-control demands self-regulation, and the key to achieving this is emotional intelligence and knowing oneself.

Emotional intelligence **influences our health positively**. For example, knowing how to process disturbing emotions.

Emotional intelligence is **fundamental to our social life** in facilitating relationships with others.

Source: 'Emotional Intelligence',
Daniel Goleman