

emotional intelligence quotient

emotional intelligence quotient (EQ) is a critical metric that assesses an individual's ability to recognize, understand, and manage their own emotions as well as the emotions of others. Unlike traditional intelligence quotients (IQ), which focus on cognitive abilities, EQ emphasizes emotional awareness and interpersonal skills. This article explores the concept of emotional intelligence quotient in depth, covering its definition, components, significance in various aspects of life, and methods for assessment and improvement. Understanding EQ is essential for personal development, effective leadership, and fostering strong relationships. The following sections provide a comprehensive overview of emotional intelligence quotient, its practical applications, and strategies to enhance it for better emotional and social functioning.

- Understanding Emotional Intelligence Quotient
- Components of Emotional Intelligence Quotient
- The Importance of Emotional Intelligence Quotient
- Assessing Emotional Intelligence Quotient
- Ways to Improve Emotional Intelligence Quotient

Understanding Emotional Intelligence Quotient

The emotional intelligence quotient refers to a person's capability to process emotional information and use it to guide thinking and behavior. It encompasses the skills required to identify emotions in oneself and others, regulate emotional responses, and navigate social complexities effectively. Developed as a concept in the 1990s, EQ has gained prominence as a valuable predictor of success in both professional and personal domains. Unlike IQ, which measures intellectual potential, EQ provides insight into emotional adaptability and social competence.

Definition and Origins

Emotional intelligence quotient was popularized by psychologist Daniel Goleman, who emphasized that emotional abilities significantly contribute to human performance. EQ integrates psychological theories about emotional awareness and social interaction. It is often contrasted with IQ to highlight the difference between cognitive intelligence and emotional skills. The term quantifies emotional skills, making them measurable and comparable across

individuals.

Difference Between EQ and IQ

Whereas IQ tests evaluate logical reasoning, mathematical skills, and verbal proficiency, EQ assessments focus on emotional perception and regulation. IQ is relatively static, often established by early adulthood, while emotional intelligence quotient can be developed and enhanced over time. The distinction is important because both types of intelligence complement each other in real-world problem-solving and interpersonal effectiveness.

Components of Emotional Intelligence Quotient

Emotional intelligence quotient is comprised of several core components that collectively define emotional and social competence. These components enable individuals to handle emotional challenges, express empathy, and maintain meaningful relationships. Understanding these elements is fundamental to grasping how EQ operates in everyday situations.

Self-Awareness

Self-awareness is the ability to recognize and understand one's own emotions. This component allows individuals to monitor their emotional state and acknowledge how emotions influence thoughts and behaviors. High self-awareness contributes to better decision-making and emotional regulation.

Self-Regulation

Self-regulation involves managing one's emotions in a constructive manner. It includes controlling impulses, adapting to changing circumstances, and maintaining composure under stress. Effective self-regulation prevents negative emotional reactions and promotes thoughtful responses.

Motivation

Intrinsic motivation is a component of EQ that drives individuals to pursue goals with energy and persistence. Emotionally intelligent people tend to be motivated by internal rewards rather than external validation, which supports sustained effort and resilience.

Empathy

Empathy is the capacity to understand and share the feelings of others. It

enables better communication and stronger interpersonal relationships by fostering compassion and sensitivity to others' emotional states.

Social Skills

Social skills encompass the ability to manage relationships, influence others, and navigate social networks effectively. This component is crucial for collaboration, conflict resolution, and leadership.

The Importance of Emotional Intelligence Quotient

Emotional intelligence quotient plays a pivotal role in various aspects of life, including mental health, workplace success, and relationship building. Its significance is increasingly recognized by psychologists, educators, and business leaders alike. EQ contributes to improved communication, stress management, and overall well-being.

Impact on Personal Relationships

Individuals with high emotional intelligence quotient tend to form deeper, more satisfying relationships. Their ability to empathize and communicate effectively reduces conflicts and enhances emotional bonds. EQ facilitates understanding and support in intimate and social connections.

Role in Professional Success

In the workplace, emotional intelligence quotient is linked to leadership effectiveness, teamwork, and job performance. Leaders with elevated EQ can inspire and motivate teams, manage stress, and resolve conflicts efficiently. Emotional competencies are often more predictive of career advancement than technical skills alone.

Benefits for Mental Health

Managing emotions effectively through a strong emotional intelligence quotient reduces anxiety, depression, and stress-related disorders. Emotional awareness promotes psychological resilience and healthier coping mechanisms during challenging times.

Assessing Emotional Intelligence Quotient

Measuring emotional intelligence quotient involves various standardized tests and assessment tools designed to evaluate the different components of EQ. These assessments provide insights into an individual's emotional strengths and areas for improvement.

Common EQ Tests

Several well-established instruments are used to assess emotional intelligence quotient, including the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) and the Emotional Quotient Inventory (EQ-i). These tools evaluate abilities such as emotional perception, facilitation, understanding, and management through situational and self-report questions.

Self-Assessment Techniques

In addition to formal testing, individuals can gauge their emotional intelligence quotient through reflective practices and feedback from peers. Journaling emotions, seeking input on interpersonal skills, and mindful observation of emotional reactions provide valuable qualitative data.

Limitations of EQ Measurement

While EQ assessments offer useful information, they may be influenced by subjective factors and cultural differences. Emotional intelligence quotient is multifaceted and dynamic, making precise measurement challenging. Therefore, assessments should be considered as part of a broader personal development framework.

Ways to Improve Emotional Intelligence Quotient

Enhancing emotional intelligence quotient is achievable through deliberate practice and behavioral changes. Developing EQ leads to greater emotional balance, improved relationships, and increased success in various life domains.

Developing Self-Awareness

Practicing mindfulness and emotional reflection helps increase self-awareness. Techniques such as journaling emotions, meditation, and seeking feedback from others facilitate a deeper understanding of emotional patterns.

Enhancing Emotional Regulation

Learning to manage stress and control impulsive reactions strengthens emotional regulation. Strategies include deep breathing exercises, cognitive reframing, and pausing before responding in emotionally charged situations.

Building Empathy

Improving empathy involves active listening, perspective-taking, and expressing genuine concern for others. Engaging in conversations with diverse individuals broadens emotional understanding and sensitivity.

Improving Social Skills

Effective communication, conflict resolution, and collaboration are key social skills linked to a higher emotional intelligence quotient. Participating in group activities, practicing assertiveness, and learning negotiation techniques contribute to social competence.

- Practice mindfulness and emotional journaling
- Engage in active listening exercises
- Use stress management techniques
- Seek constructive feedback on interpersonal interactions
- Participate in social skills training or workshops

Frequently Asked Questions

What is Emotional Intelligence Quotient (EQ)?

Emotional Intelligence Quotient (EQ) is a measure of a person's ability to recognize, understand, manage, and influence their own emotions as well as the emotions of others.

How does EQ differ from IQ?

While IQ measures cognitive abilities such as logic, reasoning, and problem-solving, EQ focuses on emotional skills like empathy, self-awareness, and interpersonal communication.

Why is EQ important in the workplace?

EQ is important in the workplace because it helps individuals manage stress, communicate effectively, collaborate with others, and navigate social complexities, leading to better teamwork and leadership.

Can Emotional Intelligence Quotient be improved?

Yes, EQ can be developed and improved through practices like mindfulness, active listening, empathy training, and self-reflection.

What are the main components of Emotional Intelligence?

The main components of Emotional Intelligence include self-awareness, self-regulation, motivation, empathy, and social skills.

How is EQ assessed or measured?

EQ is typically assessed using standardized tests and questionnaires that evaluate emotional awareness, regulation, and social skills, such as the Emotional Quotient Inventory (EQ-i) or the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT).

Additional Resources

1. *Emotional Intelligence: Why It Can Matter More Than IQ*

This groundbreaking book by Daniel Goleman explores the concept of emotional intelligence and its impact on personal and professional success. Goleman argues that emotional intelligence, which includes self-awareness, self-regulation, motivation, empathy, and social skills, is a crucial factor in achieving well-being and effective leadership. The book combines research findings with practical examples, making it accessible to a wide audience interested in improving their emotional skills.

2. *Primal Leadership: Unleashing the Power of Emotional Intelligence*

Written by Daniel Goleman, Richard Boyatzis, and Annie McKee, this book focuses on the role of emotional intelligence in leadership. It explains how leaders who are emotionally intelligent can create resonance within their teams, fostering motivation and collaboration. The authors provide strategies for developing emotional intelligence competencies to enhance leadership effectiveness and organizational performance.

3. *The EQ Edge: Emotional Intelligence and Your Success*

Authors Steven J. Stein and Howard E. Book delve into how emotional intelligence contributes to success in various areas of life. The book offers assessments to measure your EQ and provides practical advice for developing emotional skills. It covers topics such as emotional self-awareness, stress

management, and relationship building, making it a comprehensive guide for personal growth.

4. *Emotional Intelligence 2.0*

Travis Bradberry and Jean Greaves provide a step-by-step program to increase your emotional intelligence quotient. The book includes a link to an online EQ appraisal that helps readers identify their strengths and areas for improvement. With actionable strategies for enhancing self-awareness, self-management, social awareness, and relationship management, it is a practical resource for anyone looking to boost their emotional skills.

5. *The Language of Emotional Intelligence*

By Jeanne Segal, this book highlights the importance of communication in emotional intelligence. It teaches readers how to recognize and interpret emotional cues in conversations and respond effectively. The author shares techniques for improving empathy and managing emotions to build stronger personal and professional relationships.

6. *Working with Emotional Intelligence*

Daniel Goleman's follow-up to his original bestseller focuses on applying emotional intelligence in the workplace. He explains how emotional competencies influence job performance and career advancement. The book provides insights into managing emotions under pressure, resolving conflicts, and fostering teamwork in professional environments.

7. *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children*

Linda Lantieri offers parents and educators tools to help children develop emotional intelligence from an early age. The book includes exercises and activities designed to build self-awareness, empathy, and emotional regulation. It emphasizes the importance of nurturing emotional skills to support children's resilience and social success.

8. *The Emotional Intelligence Workbook*

This interactive workbook by Jill Hasson provides practical exercises to develop all aspects of emotional intelligence. It guides readers through self-assessments, reflective prompts, and skill-building activities aimed at improving emotional awareness and interpersonal effectiveness. The workbook is ideal for individuals seeking a hands-on approach to enhancing their EQ.

9. *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*

Susan David introduces the concept of emotional agility as a way to navigate life's challenges with flexibility and resilience. The book teaches how to acknowledge and accept emotions without being overwhelmed by them, enabling better decision-making and personal growth. Through research and real-life stories, David provides tools to cultivate a healthy relationship with your emotions.

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emotional intelligence quotient: *Emotional Intelligence* Annamaria Di Fabio, 2012-02-01 Emotional intelligence is an emerging construct for applied research and possible interventions, both in scholastic, academic and educational contexts, organizational contexts, as well as at an individual level in terms of people's well-being and life satisfaction. From the presented contributions, it emerges how this volume is characterized by an interest to give an international overview rich of stimuli and perspectives for research and intervention, in relation to a promising variable of current interest, such as emotional intelligence. The goal is that this book further contributes to the affirmation of a particularly promising variable, such as emotional intelligence, which requires a greater interest and attention in both research and application field.

emotional intelligence quotient: Emotional Intelligence Ryan James, 2018-04-18 Do you possess all the qualities required to succeed at work? Do you have what it takes to build fulfilling, gratifying and rewarding personal relationships? What if you were told there is a super power that exists within all of us to help us enjoy more satisfying personal and professional relationships? The secret sauce for building solid personal and business relationships is unfortunately not what we learn in educational institutes. It isn't technical expertise or fancy degrees or knowledge. The most crucial factor for success in life is an attribute called Emotional Intelligence. The best part is, unlike intelligence quotient, you can actually go ahead and increase your Emotional Quotient with some of the most powerful emotional competency building strategies. Emotional Intelligence: The Definitive Guide to Understanding Your Emotions, How to Improve Your EQ and Your Relationships tells you everything you want to know about emotional intelligence including - Introduction and Origins of the Concept of Emotional Intelligence - Difference between Intelligence Quotient and Emotional Intelligence - Solid Benefits of Emotional Intelligence - Proven Strategies for Boosting Your Emotional Intelligence - Tons of Real Life Examples of Emotional Intelligence and much more.

emotional intelligence quotient: Emotional Intelligence Daniel Goleman, 2012-01-11 #1 BESTSELLER • The groundbreaking book that redefines what it means to be smart, with a new introduction by the author "A thoughtfully written, persuasive account explaining emotional intelligence and why it can be crucial."—USA Today Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until Emotional Intelligence, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our "two minds"—the rational and the emotional—and how they together shape our destiny. But why is emotional intelligence important? Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart—and they aren't fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood—with immediate benefits to our health, our relationships, and our work. The twenty-fifth-anniversary edition of Emotional Intelligence could not come at a better time—we spend so much of our time online, more and more jobs are becoming automated and digitized, and our children are picking up new technology faster than we ever imagined. With a new introduction from the author, the twenty-fifth-anniversary edition prepares readers, now more than ever, to reach their fullest potential and stand out from the pack with the help of EI.

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According to EQ proponents, emotional intelligence is an important part of one's capacity for professional success. This guide for business people introduces the concept of EQ and explains how emotional skills can be learned. A self test for measuring EQ is found at the back of the volume.

emotional intelligence quotient: Emotional Intelligence Nilanjan Sengupta, 2009

emotional intelligence quotient: How to Improve Emotional Intelligence Sam Reddington, 2017-11-30 Who Else Wants To Fully Understand And Enhance Their Emotional Intelligence?

Preview: *In thisbook, get to know RobertPlutchik's Wheel of Emotions and other dyads that result from a combination ofthe basic emotions. *Learn the theories of emotions. Doyou get angry before you tremble? Do you smile before feeling happy? *Why do wehave emotions? Get to know the intrapersonal, interpersonal, and socioculturalpurposes of emotions. *Where doesEmotional Intelligence fall under Howard Gardner's Theory of MultipleIntelligences? *EQ and IQare always pitted against each other, but each has its own limitation where thestrength of the other lies. Neither EQ nor IQ test can determine your successin life, but why take them? *How is youremotional competence? Get to know a detailed description of the five dimensionsof Emotional Intelligence and their subsets. Which competencies do youcurrently have? Which should you have? *What arethe implications of Low EQ? Even though you don't take an EQ test, low EQ willalways be apparent. *Get theknow illnesses and personality disorders related to EQ and how to manage them:emotional blindness, emotional blunting, reactive attachment disorder,narcissism, high-functioning autism, depression, bipolar disorder, antisocialdisorder, and anxiety disorders. *Canemotional intelligence really determine your success and failure in life? *There arefour levels of readiness to go through successful behavior change. Where areyou currently? This guideis heavily based on Emotional Intelligence pioneer Daniel Goleman and can beused for both academic and practical purposes. GET YOUR COPY TODAY! tags:emotional intelligence coaching, how to improve emotional intelligence, emotional intelligence daniel goleman pdf, daniel goleman emotional intelligence pdf, harvard business review emotional intelligence, high emotional intelligence, emotional intelligence hbr, emotional intelligence articles, emotional intelligence spectrum, emotional intelligence assessment, test your emotional intelligence, emotional intelligence in action, emotional intelligence mastery, emotional intelligence quotient, improve emotional intelligence, improving emotional intelligence, emotional intelligence, emotional intelligence book, working with emotional intelligence, goleman emotional intelligence, emotional intelligence goleman, eq emotional intelligence, , eiq test, social and emotional intelligence, iq eq, high emotional intelligence test, goleman emotional intelligence test, best emotional intelligence test, top books on emotional intelligence, eq test for students, emotional intelligence topics, what is your eq, emotional intelligence questions, low emotional intelligence, emotional intelligence training courses, emotional intelligence training, emotional intelligence self awareness, emotional quotient questionnaire, ei training, emotional intelligence scale, emotional intelligence test for students, emotional intelligence workshop, what is my emotional iq, emotional intelligence overview, iq and eq test, self management emotional intelligence, iq eq test, best books on emotional intelligence, emotional intelligence coaching, emotional intelligence consulting, what is emotional competence, paragraph on emotional intelligence, low emotional quotient, emotional intelligence activities for adults, emotional intelligence certification, emotional intelligence summary, emotional intelligence exercises, emotional intelligence activities, emotional intelligence ppt, emotional intelligence essay, emotional intelligence presentation, emotional intelligence pdf, daniel goleman emotional intelligence summary, emotional intelligence training materials

emotional intelligence quotient: The Miracle of Emotional Intelligence Robert Russell, 2019-11-27 We are always focusing on IQ or intelligence quotient rather than EQ or emotional quotient. But study shown that EQ is more important than IQ when it comes to success in the workplace and life in general. In this book, I will explain to you what is EQ, why it is important, and how to develop it. If you want to achieve a better result in your life or want to have a better emotion, learn about EQ by reading this book.

emotional intelligence quotient: Emotional Intelligence Elliot Harper, 2020-02-08

emotional intelligence quotient: *The E. Q. Genius* Gloria Valerio Moses, 2014-09-22 Almost everyone is familiar with IQ, or Intelligence Quotient, a measurement of intelligence arrived at by tests of reasoning and comprehension. A little less well-known is EQ, which refers to emotional intelligence. We know what emotions are--happiness, sadness, fear, anger, boredom, surprise--but what, specifically, is the meaning of emotional intelligence? Simply put, emotional intelligence is the ability to perceive, understand, express and control emotions. At the most basic level, perception: being in touch with your emotions, as well as the emotions of others. When you feel bad, do you know specifically what you are feeling? Is it anger, fear, anxiety, sadness, or just boredom? How accurately you can evaluate your feelings is a measure of emotional intelligence. Another important component is how well you can correctly identify the emotions of others. Most of us tend to do this subconsciously, through the observation of facial expressions, body language, and vocal tone, as well as consciously, by listening to what others say (however, if those to whom you are listening are not well in touch with their own emotions, or have a reason to be duplicitous about how they are feeling, it's best to go with the non-verbal cues). ===== TABLE OF CONTENTS

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emotional intelligence quotient: *Summary of Emotional Intelligence 2.0* Alexander Cooper, 2021-09-25 Summary of Emotional Intelligence 2.0 Are you in charge of your emotions or are they in charge of you? Most people are slaves—or at least servants—to their emotions, and that doesn't necessarily mean the emotions are always big and overpowering. People who show no emotion are still not in charge of the part of themselves; they are prisoners. Being able to identify and control emotions, and understanding the emotions of others, are all signs of an emotionally intelligent person. IQ when it comes to predicting success in a career and in relationships. Someone with high EQ (the abbreviation we will use for emotional intelligence technically stands for "emotional-intelligence quotient) is more likely to be healthy and happy than someone who is puzzled by their own emotions and those of others. This book will go over why this is, and if improving your EQ is even possible. Using specific tips, you can learn how to increase your emotional intelligence in the workplace and in your relationships. There's a dark side to EQ, as well, and that will be explored in detail in these chapters. Emotions are like horses. When they are wild, they are dangerous and can lead you right off a cliff, but when they are tamed, they can carry you to great things and satisfaction in life. Social work situations will be easier to navigate, your relationships will be closer and less confusing, and your state of mind will be more peaceful. The goal of this book is to give you insight into how the emotional brain works and how to grip the reins. When you are the leader and not the follower of your emotions, you'll be amazed at the changes in your life. Emotional intelligence has become tremendously popular as people are beginning to understand the power of emotion and the effects it has on your life—both in relationships and on work performance. This book explores what emotional intelligence is and the effects it has on your mind and body, as well as your performance at home and work. It dives into how emotional intelligence can allow you to connect and understand others at a deeper level. The available tests for measuring your emotional intelligence have also been briefly explained. It then gives tips and strategies on improving your emotional intelligence so that you can understand others, be more productive, and help others to understand you. Here is a Preview of What You Will Get: □ A Full Book Summary □ An Analysis □ Fun quizzes □ Quiz Answers □ Etc. Get a copy of this summary and learn about the book.

emotional intelligence quotient: *Emotional Intelligence Mastery* Travis Wells, Daniel Gillihan, 2019-03-28 Do you want to master your life, conquer your emotions, and enjoy more fulfilling

relationships? Then keep reading... Do you find it hard to resolve arguments and conflicts due to misunderstanding other people's feelings? Have you struggled to maintain healthy relationships in the past due to your lack of social skills? Are you constantly irritated or stressed due to an inability to control your emotions? When you lack emotional intelligence skills, you may find yourself struggling to build healthy relationships, succeed in life, or achieve career goals. It's no wonder that many experts agree on why it can matter more than IQ. A person's level of emotional intelligence quotient, or EQ, refers to their ability to identify emotions in themselves and others, and manage them in a beneficial and rewarding way. Emotional intelligence can play a major role in how we interact with others. Especially with the rise of artificial intelligence and automation, it's essential to be socially competent more than ever. The good news is that emotional intelligence development is possible for anyone! If you struggle with self-awareness, self-control, empathy, effective communication, persuasion, self-confidence, assertiveness, or social skills, you will greatly benefit from reading this book. Emotional Intelligence Mastery: Why EQ is Important for Success and Matters More Than IQ will provide you with actionable steps for boosting your emotional intelligence. In this book, you'll discover: How being an emotionally intelligent person can benefit you The secret to quitting self-sabotaging behavior for good The leading obstacle to your motivation and why you need to avoid it at all cost Why you should embrace stress and how to use it to your benefit The biggest mistake people make in conversations (Hint: it's not what you think) How being in an optimistic mood can lead to financial ruins A simple, yet effective technique to get anyone, even reserved people to open up to you Emotional intelligence for kids: Why EQ is essential for parenting Simple emotional intelligence leadership techniques that anyone can master. A powerful word to diffuse difficult situations and get the other person to adopt your point of view Specific keywords you can use to elicit your desired response and tap into your recipient's subconscious mind A skill that will never be replaced by automation and why it's crucial to master it Case studies of how working with emotional intelligence led to massive achievements by great leaders How to identify and destroy manipulative people to regain respect and control And much much more! This is the most comprehensive guide on how you can improve your emotional intelligence! It even includes a simple and easy to get started with action plan that you can use to start boosting your EQ today. So if you're tired of missing out on all the amazing opportunities life has to offer, then take action now. Order this book and begin your journey today!

emotional intelligence quotient: Summary: Emotional Intelligence Abbey Beathan, 2018-07-03 Emotional Intelligence by Daniel Goleman | Book Summary | Abbey Beathan (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2E35S7J>) Our current view of human intelligence is narrow and now it's the time we learn the truth about what is really important. People often solely recognize the human intellect as a rational characteristic that some of us have. People like Albert Einstein and Stephen Hawking have amazed us with their high IQs and have left us to believe that intelligence is all about problem solving skills. However, that's completely wrong. Despite the importance of the intelligence quotient of a person, there is another form of intellect that human usually ignore but it's as important as its counterpart; emotional intelligence. And now, you'll finally learn about it and why we must pay attention to it as well. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) In a very real sense we have two minds, one that thinks and one that feels. - Daniel Goleman Emotional intelligence focuses on the personal skills of a human, an individual who is emotionally intelligent comes forth as an extremely persuasive and productive human being, as a person who manages to get everything that he wants. Said person can also keep his cool which makes him a great negotiator. These set of skills include impulse control, persistence, self-motivation, empathy, social deftness and self-awareness. It's time for you to excel in life by fully comprehending both types of intelligence and use them to your favor. Daniel Goleman assures you that emotional intelligence will be a decisive factor in your success as a professional and most importantly, as a human being. P.S. Emotional Intelligence is an extremely important book that will teach you about the other side of the coin, the secret intelligence that guarantees success. P.P.S.

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emotional intelligence quotient: Summary of Emotional Intelligence Abbey Beathan, 2019-06-10 Emotional Intelligence by Daniel Goleman - Book Summary - Abbey Beathan (Disclaimer: This is NOT the original book.) Our current view of human intelligence is narrow and now it's the time we learn the truth about what is really important. People often solely recognize the human intellect as a rational characteristic that some of us have. People like Albert Einstein and Stephen Hawking have amazed us with their high IQs and have left us to believe that intelligence is all about problem solving skills. However, that's completely wrong. Despite the importance of the intelligence quotient of a person, there is another form of intellect that human usually ignore but it's as important as its counterpart; emotional intelligence. And now, you'll finally learn about it and why we must pay attention to it as well. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) In a very real sense we have two minds, one that thinks and one that feels. - Daniel Goleman Emotional intelligence focuses on the personal skills of a human, an individual who is emotionally intelligent comes forth as an extremely persuasive and productive human being, as a person who manages to get everything that he wants. Said person can also keep his cool which makes him a great negotiator. These set of skills include impulse control, persistence, self-motivation, empathy, social deftness and self-awareness. It's time for you to excel in life by fully comprehending both types of intelligence and use them to your favor. Daniel Goleman assures you that emotional intelligence will be a decisive factor in your success as a professional and most importantly, as a human being. P.S. Emotional Intelligence is an extremely important book that will teach you about the other side of the coin, the secret intelligence that guarantees success. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the Buy now with 1-Click Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge - Abbey Beathan

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Is it your A) intelligence quotient? or B) emotional quotient? If you picked A, you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But your IQ is fixed and unchangeable. The real key to personal and professional growth is your emotional intelligence quotient, which you can nurture and develop by learning more about EQ from the international bestseller *The EQ Edge*. Authors Steven J. Stein and Howard E. Book show you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm—all of which are essential ingredients of success. *The EQ Edge* offers fascinating—and sometimes surprising—insights into what it takes to be a top law-enforcement officer, lawyer, school principal, student, doctor, dentist or CEO. You will learn what the top EQ factors are across many different kinds of jobs, from business managers and customer service representatives to HR professionals and public servants. *The EQ Edge* will help you determine which personnel are the right fit for job opportunities and who among your staff are the most promising leaders and drivers of your business. And because all of us have other roles—parent, spouse, caregiver to aging parents, neighbor, friend—*The EQ Edge* also describes how everyone can be more successful in these relationships. Finally, a practical and usable guide to what emotional intelligence is all about. This book peels the onion on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career success.—Michael Feiner, Professor, Columbia Graduate School of Business and author of *The Feiner Points of Leadership*

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