



PROGRESSIVE LEADERSHIP

EMOTIONAL INTELLIGENCE * FROM THE WORK OF DANIEL GOLEMAN

Emotional Intelligence

- refers to an ability to recognize the meanings of emotion and their relationships
- capacity to reason about emotions, and of emotions to enhance thinking
- ability to accurately perceive emotions, to access and generate emotions
- understand emotions and emotional knowledge,
- regulate emotions so as to promote emotional and intellectual growth

* Daniel Goleman – Emotional Intelligence is a different way of being smart. It includes knowing your feelings and using them to make good decisions, managing your feelings well, motivating yourself, maintaining hope in the face of frustration, exhibiting empathy and compassion, interacting smoothly, and managing your relationships effectively.

Emotional Intelligence – Five Domains

1. **Knowing one's emotions** – Self-awareness is the keystone of emotional intelligence. This area features the ability to monitor feelings from moment to moment, as they happen.
2. **Managing emotions** – The ability to handle emotions in appropriate manners.
3. **Self-Motivation** – Concentrating one's emotions on the achievement of goals, allowing yourself to highly effective and productive.
4. **Recognizing emotion in others** – Empathy (understanding and entering into another's feelings) is an essential "people skill".
5. **Handling relationships** – Managing the emotions and their interactions with others – Ability to develop and maintain harmonious relationships.