



*"All learning has
an emotional base."
– Plato*

Emotional intelligence is measured by the ability to recognize and control one's emotions while also recognizing and tending to the emotions of others. Have you ever heard the phrase "read the room?" People who have high levels of emotional intelligence can do just that-- easily pick up on the moods and behaviors of those around them.

Emotional intelligence includes self-awareness, empathy, self-control, and people skills.

Emotional intelligence is very helpful in personal relationships as well as in many person-centered professions. High emotional intelligence allows you to control impulses, communicate effectively, solve problems, and build rapport. Individuals with strong emotional intelligence are successful in career fields such as healthcare, human resources, education, corrections, and more.

Increase your EI by asking these questions:

1. How am I feeling right now, at this moment?
2. How would I describe the mood of my environment?
3. How is the person I'm talking to feeling?
4. How would I feel if I was in that person's situation?
5. How does my attitude and body posture match the energy of the person/environment?



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