“Emotional intelligence (EQ) is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships. Proficiency in these has been associated with 90% of high performers within organizations and are considered critical to enjoy consistent performance in the pursuit of important career and life goals.”¹

Mastering your emotions and using them intelligently is an ongoing journey. To learn more about emotional intelligence, check-out these resources.

Reference: ¹Emotional Intelligence 2.0, Bradberry & Greaves