

Learning Kit: *Emotional Intelligence*

“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.



Managing your Emotions at Work

LinkedIn Learning – 00:50 hrs.



Strategies to Improve Self-Awareness

LinkedIn Learning – 00:53 hrs.



Developing Your Emotional Intelligence

LinkedIn Learning – 00:41 hrs.



Developing Self-Awareness

LinkedIn Learning – 1:00 hr.



Learn Emotional Intelligence, the Key Determiner of Success

LinkedIn Learning – 00:32 hrs.

Reference: ¹*Emotional Intelligence 2.0, Bradberry & Greaves*