

Emotional Intelligence and Your Workplace

You might have heard about Emotional Intelligence (EQ). If you haven't heard much about it, you must have not been paying attention to the recent trends in this line of business. The fact is that the term is becoming more popular in the workplace as people take it up as a topic for their online careers.

Emotional intelligence, or EQ, refers to the ability to detect and respond to the emotions of others. It also entails the ability to understand and identify what others are thinking and feeling. Hence, it also includes the ability to analyze, interpret, and react to human behaviour. Therefore, it is considered to be a necessary trait for successful working professionals. In fact, this relates closely to problem-solving, decision making, communication, and organization.

People who have been through aptitude tests are likely to know that they are quite creative. They also tend to work hard and have strong organizational skills. Their attention spans are good and they excel in team activities.



Follow your instinct



■ Never give up



Enjoy

However, the power of emotional intelligence is a little-known fact, and it is one of the most important facets of how work is done in the workplace. It helps to ensure that the work done is done well and that the organization is kept organized. This ultimately makes the workers feel accomplished.

It is interesting to note that a lot of organizations out there recognize the value of emotional intelligence. It has become more common for them to make use of the Emotional Intelligence test in order to assess the aptitude of their employees. It is expected that they will get a sense of what their employees can really do, both in terms of their work ethics and how they work with others.

Despite the fact that companies are trying to encourage and develop their employees' emotional intelligence, there are

still a lot of misconceptions that keep getting in the way of this issue. There are still a lot of people who think that the emotional skills of an employee are worthless, and that he does not actually deserve to be appreciated for his work ethic. The results of these thoughts have led to many cases of employees leaving the organization and joining another one.

The ways of determining the level of emotional intelligence of an employee are quite simple. It will just involve measuring certain aspects of his personality. There are tests that are used to determine if an employee is emotionally intelligent. Once an employee is able to pass such tests, then he will be entitled to a new position.

Now that you know about the importance of emotional intelligence, it is time for you to take action. You have to start taking steps to improve your emotional intelligence as early as possible. By doing so, you will be able to handle stressors better, you will be able to make friends easily, and you will be able to gain good points from your work more easily. Having an EI-IQ score at least equal to an average score of one hundred is a good starting point to begin.

Developing Self-Confidence – How it Helps

To develop self-confidence, you first need to understand what it is and how to obtain it. A person's confidence can be

developed through effective personality development which can aid in a person's self-esteem, as well as confidence building.

Think about the last time that you were really proud of yourself. What did you feel? Maybe it was joy, but this isn't the real emotion because it was just a feeling.



Self-confidence is just that – a feeling. It comes from a person knowing he or she is doing the best job at his or her job. This pride manifests itself into the feeling of being able to do the best job, which results in the person feeling good about themselves.

What is your starting point for developing self-confidence? Is it something that you have accomplished already or is it something that you want to accomplish?

Knowing where you want to get to is the key to developing self-confidence. Every person has a limit. This limit is what defines the limits of your confidence. The more you increase your confidence the higher the limit will be, and when the limit is reached it will continue to get higher until you

reach the top.



Of course, increasing your self-confidence will lead to an increase in your confidence. How does self-confidence affect your life? It affects you more than you can imagine.

Developing self-confidence can give you a better attitude. Knowing you can accomplish anything helps to keep you going even if you are going through a tough time. When you know that you can achieve anything, it gets you motivated to achieve anything. Self-confidence and motivation go hand in hand.

Self-confidence is important in managing life's distractions. Being able to take care of yourself and have an optimistic outlook gives you a stronger sense of self-worth.

A person with self-confidence will not let people who criticize them get under their skin. People who are better at handling criticism are often more successful. You don't need people to praise you to realize that you are doing the best

you can do.

Another important thing about a person's self-confidence is that they don't allow other people to push them around. Being able to live by your own rules makes you more self-confident.

Using self-confidence in your everyday life can help you be more productive. We all need to find our strength in things such as helping people or even just performing tasks. By developing self-confidence, we will be more able to handle the stress that may come up in our lives.

If you are someone who wants to become a more confident person, developing self-confidence is one way to do it. Just as you have your own unique personality, so do you need to develop your own self-confidence.

Emotional Intelligence for Working Professionals: Why is it Important

By Dr. Kulneet Suri, Senior Director at Institute of Management Studies (IMS) Noida

With every other task being automated by the day, you must possess that one skill that robots cannot replicate any time

soon. The way you handle a pressure situation, how you communicate with other human beings or provide some creative ideas that can make the company grow. A computer can crunch numbers faster than you but can never lead a team. In fact, corporations are now looking for emotionally intelligent people to join as professionals rather than the ones with high levels of IQ.



What is Emotional Intelligence?

In simple words, being emotionally intelligent is to be aware of your feelings and how they affect your work environment. When your emotional quotient is high, you can recognise your mood, better control your impulses and develop a sense of internal motivation to help you excel. You also understand and tend to empathise with other people's feelings and reactions and manage professional relationships better. The overall effect is – high EQ makes you the employee of the hour as you are driven to get the work done with minimal external motivation.

How do you develop it?

By working on your social skills. For instance, if you enrol yourself into one of the top mass communication courses after 12th standard, understanding human relations will be one of the primary focus. If you use the knowledge to find out about your inner strengths and weakness, you start developing emotional intelligence. Along with your academic subjects, you must find time to work on your social skills, improve on how you communicate and enhance your ability to help others grow.

Why is it important for working professionals?

To break down the necessity of EQ even further, here is a list of few skills that you inherently develop which hiring managers will always value. These will make you the cream in the crowd and really help you to stand out.



- You are self-motivated

And the firm does not have to go to extra lengths to get a job done by you. Studies have shown that bonuses and incentives can only motivate up to a certain limit and are not effective ways to increase productivity. Emotionally intelligent people, on the other hand, work for personal development and function better. For instance, if you are fresh out from any of the journalism courses after 12th and you had taken up the subject due to personal liking, you are proficient to deal with challenges and least likely to give up.

- You become an asset to the company

Self-driven people have the tendency to help others to grow and this helps the whole company. As a leader, you can better understand the team members and help them to gel. You are goal-oriented, more focused and work with minimum micromanagement. As a member, you are capable of boosting the morals of the whole team and any manager will understand your value. The company will be naturally willing to give you more responsibility and professional development rate will see new heights.

- High EQ will keep you stress-free

When you are aware of your feelings and goals, you tend to have less stress. You perfectly understand the situation and know how to act during a crisis. Less stress increases productivity and you naturally stand out as the employee with the best potential. You remain healthier and fitter and all these do act together to enhance your professional career as a whole. You use your skills to the maximum extent and understand when to quit and start over.

- You know how to manage your emotions

The one thing that companies value. Experts believe that most of the wrong decisions are made during an emotional outburst, both positive and negative. You can hire the wrong person while being elated or fire the right person in a fit of rage. Emotional intelligence gives you control over your feelings and you are capable of making professional decisions. You become tolerable in the company environment and others will feel comfortable around you.

- You are more flexible

Any job after the best mass media courses after 12th may involve odd hours and substantial pressure. While most may complain about the issue, high EQ people will weigh the opportunities on offer. You become flexible and you are well-aware of the purpose. You can accept a situation or evaluate a new idea. Your response to change is way better which will make you a professional that firms want.

So, get started right away

And work on your emotional intelligence. Unlike IQ, EQ is something that you can work upon and this is indeed what managers will look for in the near future. Emotional intelligence will help your work life, personal life and everything that surrounds it.

Waiting to Meet Ms. Perfect

It must be really tough. Do you think you are just a victim of bad luck and that's the reason Ms. Perfect hasn't appeared in your life yet? Or have you decided that maybe Ms. Perfect only exists on movie screens and not out here in the real world? BINGO! You've got it. She doesn't exist anywhere except in

your imagination and on movie screens.(
See also: [Dating](#))



The truth of the matter is that the reason Ms. Perfect hasn't appeared has nothing to do with your luck, good or bad, but everything to do with you and the fact that you are busy looking for a person that doesn't exist! You can't date with your eyes closed and some impossible dream in your head. You'll get so caught up in this whole exercise of dating that you forget to look for the qualities you seek! You haven't met the person of your dreams because you aren't looking for the things that will make them close enough to perfect for you.

You are so confident that every woman you have met could not give you what you wanted. But what was it that you wanted in the first place? Once you are sure of what you want, you will know exactly what to look for in your woman. What are the qualities that you feel are necessary in a person? What are the attributes you are willing to make a compromise on? Have you thought about all these?

Remember, that nobody on this earth is perfect. Everybody has faults...some are bigger faults than other faults. Some are faults you can overlook and some are faults that you couldn't overlook on your best day and if she was the most beautiful, most sexy woman on the planet.

When you meet a woman, remember, however hard you try to impress others, you cannot control their thought processes. Instead, it's far better to concentrate on your needs and

desires, and how much of what you need would be fulfilled if you dated this woman.

Where to Go on Your First Date

That is an age-old question. Cave men had it made. They solidly had confidence in grabbing and taking their date to a dirty surrender out amidst no place. Those were what was known as past times worth remembering. Now days first date destinations and plans are a little trickier. First let's cover where NOT to go on a first date. (see also : [Confidence in Dating women](#))



The old standby of dinner and a movie is a really poor choice for a first date. How will you get to know the lady if you are sitting in a darkened theater with a movie being shown? If you choose the movie, there is probably going to be a lot of frantic car chases and a lot of blood involved. Neither are conducive to creating a memorable evening.

Also, don't take your date to your parent's house! She will know right away that you are a mama's boy and you will never

see her again.

Don't take your date to a sleazy bar with a motel out back. You will scare the poor woman to death. She will jump out of the car and hitchhike back to town believing that she would be safer with a burly truck driver than with you.

Now, some good first date ideas are:

Begin with a simple lunch or coffee date. You want to keep the date casual so suggesting meeting up for lunch or coffee can be a good start. This way, if the date didn't go so well, you can end the date there but if you enjoy each other company, you have the rest of the day to spend getting to know each other better.

Here are some ideas of where to go if the lunch or coffee date tells you're there is some good chemistry happening:

If it is the season, an amusement park or a theme park is a good first date idea. It doesn't matter how old you are, we can all be big kids at heart. There're so much you can do at amusement parks and theme parks that most likely you will forget about the dating pressure and just have fun.

Most well populated areas have an array of museums covering many different subjects. Visiting one that is dedicated to something that you have in common with the woman is another good first date idea.

Building Your Confidence in

Dating Women

When it comes to dating, or even seducing, a woman, confidence is vital. Women often equate “self confidence” with the ability to be successful. While many men believe that women look for successful men because they’re likely to make more money, that’s simply not true. (See: [Art of Seducing](#))



While it’s a given, women actually look for successful men because they’re more likely to be satisfied. So you may be wondering what a man being satisfied has to do with anything. Let me explain. You see, women know that men who are satisfied with themselves are less likely to go out looking for someone to satisfy them and are more stable.

And in a relationship that means a man will be less likely to cheat, or change jobs frequently or get himself into any number of other compromising situations. Remember that most women are looking for a man who will be their partner as well as their lover.

Not only do they want a partner when it comes to things like companionship, decision-making and finances, but in the bedroom, as well. In order to effectively seduce a woman you must make her feel as though you’re both equals.

When it comes to confidence, it seems there are two kinds of people – those who have it and others who simply don’t. Although on the surface this may be true, everyone has the potential to be “self confident”, or motivated if you would like to call it.

Take heart in knowing that you’re a good person, smart, funny, good at your job, loving, considerate or whatever else you find to be positive character traits that you have. Be comforted to know that NOT all women are looking for a CEO or

brain surgeon. They just want a man who's confident with who he is, what he knows and what he has to offer to a relationship with them!