

What is emotional intelligence?

The significance of this unique type of intelligence, otherwise known as emotional quotient or EQ, should not be underestimated. While women's rights and empowerment in the workplace are still in need of constant attention and resources, embracing the EQ that you bring to the world as a woman is one sure way that women can show true leadership in a world that sorely needs to hear your voice.

How EQ correlates with an individual's success in life started being debated around 1990, after being introduced to academia by two Yale psychologists, Peter Salovey and John D. Mayer. This concept has become an important talking point for psychologists, trainers, human resource professionals, and other thought leaders who are interested in understanding human emotion and the role it plays in an individual's success, both personally and professionally. [Healthline](#) defines EQ as a person's capability to assess and manage their own emotions. Do you feel that you are in control of your emotions? What if you could refine how you use your emotions?

The Importance of EQ in Your Life

You probably know and admire people who appear to live worry-free; without being strapped into the "emotional roller coaster" of life. They enjoy true connections with friends, a peaceful home life, strong bonds with family, and a successful career. The chances are that their success in life can be attributed in large part to their emotional intelligence.

When you have the ability to manage your own emotions and also understand other people's points of view with compassion, then you are in a unique position to navigate many of life's personal and professional challenges with ease. In the past, being good with people was often referred to as having quality "people skills." In many circles, this ability is believed to be even more important than possessing a high IQ.

Compared to a person who frequently experiences extreme emotions such as anger or disappointment, a corporate team member who is likable and can roll with the punches is more likely to be promoted and become a leader. If you can effectively recognize anxiety in coworkers and can calm them down when they are upset, then you possess a marketable talent that corporate leaders value.

Essentially, individuals with excellent emotional intelligence skills recognize a basic coping mechanism that many people never grasp. They recognize that they can control their emotional life with their thoughts, instead of letting their emotions take over and rule their thoughts and actions. Staying calm and collected while being capable of extending a compassionate helping hand to others who are struggling forges very strong relationships. These bonds and successes come from your emotional intelligence skills, so it is not difficult to connect the dots and understand why people with high levels of emotional intelligence enjoy more fruitful connections and prosperity in all aspects of life.

Understanding the Key Elements of EQ

Self-awareness, self-regulation, empathy, and social skills are all barometers that indicate high or low EQ levels. At first glance, on the surface, it is easy to underestimate how the mastery of these types of skills can literally change your life in a very significant way. Granted, some people are naturally more empathetic or self-aware based on inherent genetics, childhood upbringing, or conditioning.

Mastery of your emotions can take years to perfect, and with the resources, you find in this handbook, we believe we can help you reach your emotional intelligence goals sooner rather than later.

Self-regulation of your emotions needs to be learned and worked at just like anything else you are trying to perfect in your life. Knowing how to manage your emotional state will give you the inner strength to endure all the ups and downs in life with balance and grace. Being able to quickly adjust to the job or intense family situations means that you are able to maneuver life challenges. This also means disappointment fo not keep you down for long. If you are lucky enough to enjoy high EQ, then you know how to use self-talk to work through emotional downturns or life's disappointments.

The reason empathetic individuals make such great managers or family members is because they can anticipate how certain people in their life will handle setbacks. This extra insight into how others think and act is often gained by good listening skills and the ability to resist judging others in favor of taking a proactive position. By leaning into empathy and using excellent social skills grounded in a willingness to make a change when needed, you adjust with ease. Once you have perfected the ability to help others adjust and work through your personal life with an emotional level of balance, you can say you pose a high EQ—individuals who master emotional intelligence are leaders to themselves and others.

How to Harness the Benefits of EQ

Renowned motivational speaker and coach [Tony Robbins](#) emphasizes the fact that we can improve our EQ by making a genuine effort to follow a few simple steps. We know that practicing a healthy EQ will significantly raise your level of happiness.

- Identify Your Feelings In Depth
- Always Acknowledge Your Good and Bad Emotions
- Investigate the Message Behind Your Emotions
- Improve Confidence Through Remembered Successes
- Prepare for Future Challenges By Rehearsing and for Emotional Challenges
- Take Action to Reach New Goals

How to Improve your EQ?

While it can be difficult to dramatically impact your IQ ranking, you can improve your emotional quotient or EQ with some hard work and increased self-awareness. There are many applications out that help you focus on meditation. Have you ever hear of [Headspace](#) or [Calm](#)? Both of those tools can help you gain added self-awareness. Our women's rights nonprofits

understand how your unique EQ contributions to the world impact each of the souls you encounter on your journey.

10 Ways to Increase Your Emotional Intelligence

1. Utilize an assertive style of communicating.
2. Be motivated.
3. Respond instead of reacting to conflict.
4. Utilize active listening skills.
5. Practice ways to maintain a positive attitude.
6. Practice self-awareness.
7. Welcome positive critique with open arms.
8. Empathize with others.
9. Utilize leadership skills
10. Be approachable and sociable.

Please contact our nonprofit if you have any questions or you would like to chat one-on-one, or we have other resources we can provide you with, like free sound healing resources to help guide you in your journaling, yoga, or meditation practice.