

Tips to Develop Your Emotional Intelligence/ EQ

We all know about IQ, our ability to think and reason on a standardized score. IQ is something we are born with. Emotional Intelligence measures our ability to perceive our own emotions, as well as the emotions of others, and to manage them in a productive and healthy way.

EI is fundamental to our life experience and can influence how successful we are in our relationships and careers. Unlike IQ No matter what stage of life you're at, you can always develop and improve your emotional intelligence. Here are 10 tips on how to develop your Emotional Intelligence.

1. Start to become aware of your emotions and acknowledge them. They are neither good nor bad but paying attention to how you feel will help develop you self-awareness. Become aware of how your react when you experience different emotions ask yourself why you reacted to a situation or event the way that you did.
2. Learn to listen to other people with your full attention. Don't let your cell phone, TV, or computer distract you. Ensure that your body language is focused on the other person when you are listening. You don't have to agree with them but demonstrate you are paying attention. Don't interrupt them or change the topic.
3. Listen to your body. A knot in your stomach while driving to work may be a clue that your job is a source of stress. Listening to these sensations and the underlying feelings that they signal will allow you to process with your powers of reason.
4. Improve your empathy skills. Empathy means being able to recognize how other people are feeling, and share emotions with them. To improve empathy, put yourself in other people's shoes. Think about how you would feel if you were in their situation. Actively imagine how it must be to go through the experiences they're having and what might alleviate some of their hardship in terms of support and care.
5. Read people's body language. Make a point of trying to read between the lines and pick up on people's true feelings by observing their facial expressions and other body language. Often people say one thing when the look on their face reveals that there's a deeper truth. Practice being more observant and picking up on the less obvious ways that people communicate their emotions. If you aren't sure how someone is feeling or what they are thinking, ask them.
6. Take responsibility for behavior. Your emotions and behavior come from you—they don't come from anyone else—therefore, you're the one who's responsible for them. If you feel hurt in response to something someone says or does, and you lash out at them, you're responsible for that. They didn't "make" you lash out (they're not controlling you with puppet strings, after all!), your reaction is your responsibility.

7. Practice empathizing with yourself and others. Empathy is about understanding why someone feels or behaves in a certain way and being able to communicate that understanding to them. It applies to ourselves and other people, and practicing this ability will improve your EQ.
8. Creating a positive environment not only improves your quality of life, but it can be contagious to people around you too.
9. Be open-minded and agreeable. Openness and being agreeable go hand-in-hand when it comes to emotional intelligence. When your mind is open through understanding and internal reflection, it becomes easier to deal with conflicts in a calm and self-assured manner.
10. Distinguish between thoughts and feelings. Thoughts: I feel like...& I feel as if.... & I feel that, feelings: I feel: (feeling word)

Remember EQ is a lifetime process; it isn't something you develop once then drop. It's a lifetime practice, and it is possible to keep improving. Keep practicing and you will see the benefits.

If you or your team is having difficulties with developing your EQ don't hesitate to call us; we can help.