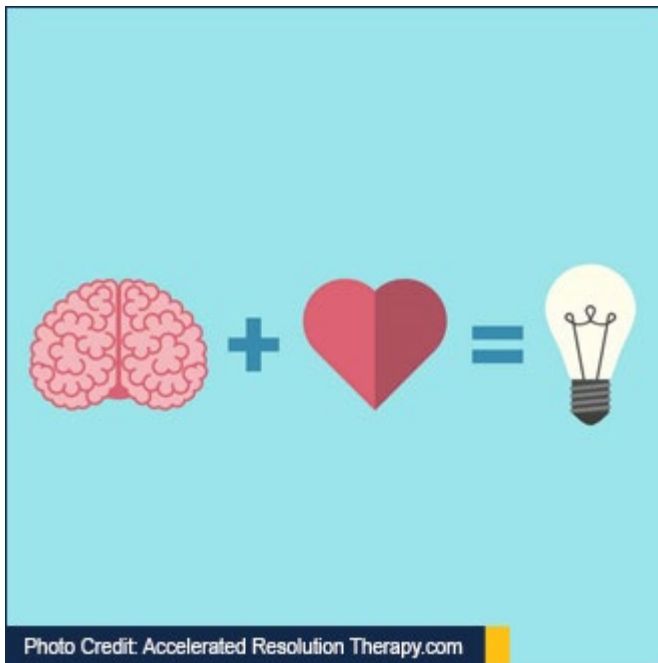


WELLNESS CONNECTION

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GOOD DECISIONS - Improving Emotional Intelligence



By Christina A. Worthington

Emotional Intelligence Awareness Month rolls around every October. This serves as an excellent mental check to determine how well we perceive our own emotions and the emotions of those around us. If you are unfamiliar with the idea of emotional intelligence, keep reading for a deeper understanding. If you feel your understanding of emotional intelligence is high, browse some of the resources included in this article to see if you can improve it even further!

What is emotional intelligence? Emotional intelligence, sometimes known as emotional quotient, is the ability to identify and manage

your own emotions while considering the emotions of others. Emotional intelligence can generally be broken down into three categories:

1. Emotional awareness – identifying emotions in one's self or others
2. Emotional redirection – harnessing and applying emotions to tasks such as critical thinking
3. Emotional regulation – ability to change emotion in one's self or others

How can I understand my emotional intelligence? Though there are a number of tests and factors that can help identify your emotional intelligence, the Harvard Business Review has

developed a short quiz to learn where your emotional intelligence levels lie. The quiz, [Do You Lead with Emotional Intelligence?](#), evaluates you on five different emotional intelligence competency scales. Each scale then provides suggestions on how to strengthen the skill.

How can I improve my emotional intelligence? Glad you asked! Even if your emotional intelligence level is high, there is always room for improvement. LinkedIn Learning provides a variety of courses, including [Developing Your Emotional Intelligence](#), [Communicating with Emotional Intelligence](#), and [Improving Emotional Intelligence with Mindfulness](#). If video courses are not your preferred method of learning, there are plenty of [other ways to improve](#). Try journaling to reflect on your emotions and how you process them or plan to do a 360-degree assessment with a trusted manager, colleagues, and/or peers to discover your strengths and areas for improvement.

