The Calm Corner

Westminster Preschool

Value of Emotional Intelligence

Being Emotionally Intelligent:
Daniel Coleman and coauthors believe that good leadership and parenting require emotional intelligence. Successful adults prime good feelings in those they lead and parent.
The emotional intelligence quotient(EQ) is often thought of as being just important as your intelligence quotient (IQ).

Self Awareness: You know how you feel and how your emotions and actions can affect the people around you.

Self Regulated: You have control over your own emotions, and think before you act. You do not compromise your own values.

Empathetic: You can put yourself in other's shoes and help your team or family by listening and providing constructive feedback.

Good Communication: You can guide and manage change and relationships successfully, resolve conflict diplomatically and make everyone feel included.

How is your emotional intelligence? For more information check out:
Emotional Intelligence – Harvard Health
The Calm Corner can also offer you more resources or support.