

EMOTIONAL INTELLIGENCE

The ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

5 Key Elements

Self-Awareness

- [What Self-Awareness Really Is \(and How to Cultivate It\)](#)
- [Working with People who Aren't Self-Aware](#)
- [Research: We're Not Very Self-Aware, Especially at Work](#)
- [The impact of emotional intelligence on accuracy of self-awareness and leadership performance](#)



People think they are self-aware



People are actually self-aware

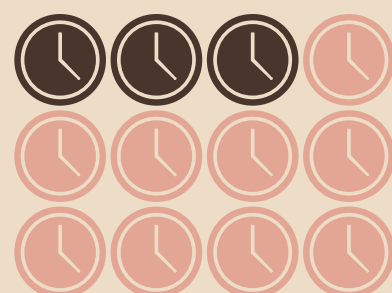


Self-Regulation

- [Self-regulation, strategic leadership and paradox in organizational change](#)
- [Power, Leadership, and Self-Regulation](#)
- [Mind-sets matter: a meta-analytic review of implicit theories and self-regulation - DOI: 10.1037/a0029531](#)
- [How to Manage Your Anger at Work](#)

Motivation

- [5 Motivation Theories To Use in the Workplace](#)
- [Harnessing Personal Purpose to Enable Employee Experience](#)
- [Understanding the Power of Intrinsic Motivation](#)
- [Why People Lose Motivation - and What Managers Can Do to Help](#)
- [The Puzzle of Motivation](#)



Technical programmers with EQ scores belonging to the top 10% can develop software three times faster than their low EQ colleagues.

Empathy

- MIT Sloan - [Humanity: A leader's secret weapon](#)
- HBR - [4 Ways to Communicate more Empathy](#)
- [How virtual reality can create the ultimate empathy machine](#)



Leaders with empathy perform over 40% higher in employee engagement, decision-making, and coaching.



Social Skills

- [Team Emotional Intelligence: Emotional Processes as a Link Between Managers and Workers](#)
- [HBR: The Power of Healthy Relationships at Work](#)
- [HBR - How Supportive Leaders Approach Emotional Conversations](#)
- [An Adult's Guide to Social Skills, for Those Who Were Never Taught](#)

MORE ON EQ IN THE WORKPLACE & TECH

- [Listen - The Power of Emotional Intelligence in the Workplace](#)
- [MIT Sloan Management Review - Three Questions to Gauge Emotional Intelligence](#)
- [MIT Technology Review - Driving innovation with emotional intelligence](#)
- [HBR - Can AI Teach us How to Become more Emotionally Intelligent?](#)
- [When Is Success Not Satisfying? Integrating Regulatory Focus and Approach/Avoidance Motivation Theories to Explain the Relation Between Core Self-Evaluation and Job Satisfaction](#)
- [Merve Emre on Emotional Intelligence as Corporate Control: Ted Transcript](#)