

## Emotional intelligence

### The Ingredients of Emotional Intelligence:

- ***Self-awareness:*** the cornerstone of emotional intelligence-a capacity to recognize your feelings as they occur
- ***Emotional control:*** an ability to manage your emotional reactions, control impulse, and to recover from life's upsets
- ***Self-motivation:*** skill at using your emotions in the service of a goal, staying hopeful despite setbacks
- ***Empathy:*** emotional sensitivity to others; a talent for tuning into others' feelings, and reading their unspoken messages
- ***Handling relationships:*** grace in dealing with others-strong social skills are the key to popularity, leadership, and interpersonal effectiveness