



# EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others. It generally includes the following three skills:

- Emotional awareness, which is the ability to identify your own emotions and those of others.
- The ability to harness emotions and apply them to tasks such as thinking and problem solving.
- The ability to manage emotions, including the ability to regulate your own emotions, and the ability to cheer up or calm down another person.

## Log on Today:

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