

AN INTRODUCTION TO EMOTIONAL INTELLIGENCE

Some additional aspects relating to EI

- Emotions and thoughts are inextricably linked, informing both –
 - What we think about
 - How we work.
- There is no such thing as an unemotional decision.
- Emotions contain data and information
 - About ourselves
 - Other people
- Reading the emotions of others tells us about how we are feeling.
- Accurate emotional intelligence is essential for effective leadership.

Please contact Denise Mannix
using the contact form at
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for further information relating to EI –
presentations, development &
individual/group testing.

Emotions are a natural part of human experience; they are an inherent part of negotiation, conflict resolution, and decision making. They are also a key component of our relationships. In this way effective leaders are proficient at recognizing, using, and managing emotions in themselves and others.

The MSCEIT therefore, is a valuable and accurate tool in providing information on an individual's emotions across the 4 task areas, providing data (in combination with other sources of information) that is useful for identifying strengths and how to develop further emotional skills in the critical area of workplace performance, particularly as it relates to leadership.

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