



- ✓ **Boost Self-Awareness**
- ✓ **Improve Relationships**
- ✓ **Build Empathy, and**
- ✓ **Lead with Confidence for Success in Life and Work**

EMOTIONAL INTELLIGENCE SIMPLIFIED

ERNESTINE MICHELS

Ebook Emotional Intelligence

Pooja V. Anand



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Understanding the Benefits of Emotional Intelligence in Leadership Namaskar Books,2024-11-27 Understanding the Benefits of Emotional Intelligence in Leadership explains how emotional intelligence EQ contributes to effective leadership The book explores the five components of EQ self awareness self regulation motivation empathy and social skills and discusses how leaders can use these skills to manage teams resolve conflicts and create a positive work environment By developing emotional intelligence leaders can enhance their ability to connect with others inspire teams and drive success

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