

# Elements of Emotional Intelligence -



Self-awareness



Self-regulation



Empathy



Motivation



Social Skills

## How to Improve Emotional intelligence?



Let the music guide you



Take a break to travel



Pay attention to yourself



Acknowledge the situation



Take inspiration from movies



Meet new people



Focus on physical activity



Respond often

# Emotional Intelligence Tips

**L Darling-Hammond**



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thussu welcomed their first baby a boy they named jawaharlal the family lived in allahabad at that time in the northwest provinces of british india now uttar pradesh

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