

HOW TO IMPROVE EMOTIONAL INTELLIGENCE?

1



Notice how your behavior affects others

2



Seek feedback and accept criticism

3



Take responsibility for your words & actions

4



Learn to respond to conflict, instead of reacting

5



Learn to motivate yourself

6



Be assertive while communicating

7



Maintain a positive attitude

8



Empathize with other people

9



Use active listening

10



Practice self-awareness

1 Ways To Improve Your Emotional Intelligence A Practical Approach

Christian G. Meyer



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