# 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**

**Ryan James** 

#### **Emotional Intelligence Tips:**

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