



# Emotional Intelligence: How They Determine Our Success - Increase Your EQ by Mastering Your Emotions

*Dan Miller*

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## **Emotional Intelligence: How They Determine Our Success - Increase Your EQ by Mastering Your Emotions** Dan Miller

Everyone is confronted by our own emotions in addition to those of other people. The manner in which we manage these emotions will determine how other people perceive us and our effectiveness in getting things done. By increasing our emotional intelligence, we will be better equipped to respond to situations around us with a high degree of maturity. Studies have shown that people who have a high emotional intelligence become better leaders and are exemplary in whatever they do. Compared to intelligence quotient (IQ), emotional intelligence appears to be superior because it covers a wide range of faculties and aspects of people's behavior. Studying emotional intelligence will help you understand the source and impact of your emotions. This is important because it enhances self awareness. You will also have an opportunity to understand the behavior of other people and the underlying reasons why they act the way they do. Mastering interpersonal skills such as listening, verbal communication, non-verbal communication, self management and assertiveness will make you gain trust and respect from others thereby becoming an influential person in social circles.

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