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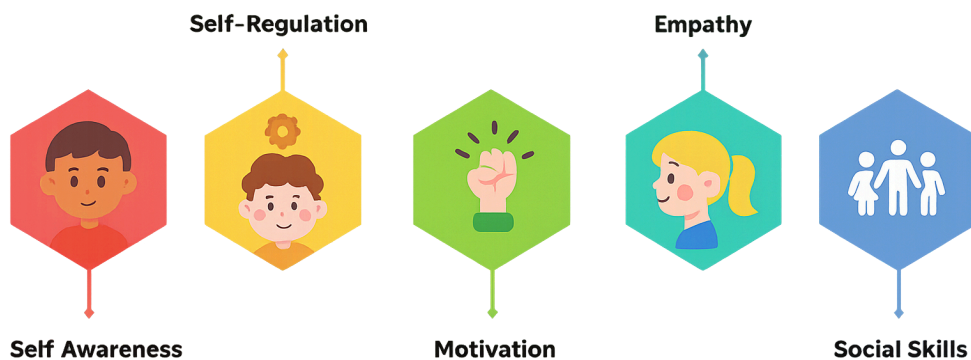


Emotional Intelligence

Emotional intelligence (EI) is the ability to recognize, understand, manage, and express emotions—both our own and those of others. It plays a key role in how we navigate social situations, build relationships, and make decisions. Unlike IQ, which focuses on logic and problem-solving, EI emphasizes self-awareness, empathy, and communication.

There are five core components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. Self-awareness means being able to identify and understand your own emotions. Self-regulation is the ability to control emotional reactions, especially in difficult situations. Motivation involves using emotions to pursue goals with energy and persistence. Empathy is the ability to understand how others feel, while social skills help us interact effectively with people around us.

Components Of Emotional Intelligence



Emotional intelligence is essential in both personal and professional life. It supports mental well-being, strengthens relationships, and can even improve leadership skills and academic performance. The good news is that emotional intelligence isn't fixed—it can be developed through reflection, practice, and meaningful connection with others.