Emotional Intelligence

Emotional Intelligence—known interchangeably as EI or EQ—is the ability to identify, appraise, and handle one’s emotion. Emotional intelligence plays an important role in life success. People who know and can manage their own emotions and feelings, as well as those of others, are at an advantage in any domain of life.

Check out some Skillport resources to learn more about EQ and how to develop it!

FOR A FULL LISTING OF AVAILABLE RESOURCES, BROWSE THE FULL CATALOG AT: http://universityofnotredame.skillport.com

Targeted Course:
Navigating the Workplace with Emotional Intelligence (26 min)

Video:
Embedding Emotional Intelligence Techniques (3 min)

Book:
Emotional Intelligence: Managing Emotions to Make Positive Impact on Your Life and Career

For more information or to suggest topics for next month, contact Mary Adeniyi at madeniyi@nd.edu.