

Emotional Intelligence: Strategies in the Sphere of Leadership

Authors : Raghavi Janaswamy, Srinivas Janaswamy

Abstract : Emotional Intelligence (EI) measures the degree to which individuals can identify, understand and manage emotions. Indeed, it highlights the intricate relationship between thoughts, feelings, and behavior of an individual. In today's world, EI competencies appear to be more valuable compared to cognitive and/or technical expertise. Higher EI endows realistic confidence to perceive challenges with positive thinking and, in turn, offers a steady growth as well as the speed of work and discerning ability. It certainly plays a vital role for aspirants to ascend the organizational ladder and distinguishes outstanding leaders from the rest. Emotional maturity further reflects on the behavioral pattern toward dealing with self and the immediate environment. Indeed, it aids in cementing inter-personal relations at a workplace with a thorough understanding and certainly paves the way for leaders to their prosperity as well as organizational growth. Herein, EI contributions to an individual, team, and organizational success are discussed with an emphasis on the required tools to acquire higher EI traits. The strategies for promoting self-awareness, empathy, and social skills and changing trends of the new programs for the EI improvement are also highlighted.

Keywords : emotional intelligence, leadership, organizational growth, self-awareness skills

Conference Title : ICSEI 2022 : International Conference on Social and Emotional Intelligence

Conference Location : New York, United States

Conference Dates : October 06-07, 2022