



Emotional Intelligence

Emotional intelligence is the ability to recognise, understand, and manage our own emotions and the emotions of others.

It's a critical skill for effective leadership.

Cultivate self-awareness - take time to reflect on your feelings and their underlying reasons.

Practice empathy - put yourself in others' shoes and seek to understand their emotions and perspectives without judgement.

Regulate your emotions - identify triggers that lead to emotional reactions and develop strategies to respond more constructively.

When you lead with emotional intelligence, you build strong relationships and inspire others to do their best.