

Understanding Emotional Intelligence

People Skills

Team FME

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Preface

This eBook explains why managers across the globe have embraced emotionally intelligent leadership, an idea that is now used routinely in almost all businesses and professional training programs. Successful management is all about getting work done through other people, some of whom you have no direct authority over. This is directly correlated to your success in self-awareness, self-management, and social awareness, all of which are essential elements of emotional intelligence.

You will learn to:

- Understand the emotional intelligence model and its core competencies
- Discover the benefits of emotional intelligence for yourself, your team, and organization
- Identify strategies and opportunities to apply emotional intelligence in your role
- Choose perceptions and behaviors that will lead to positive outcomes

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