

COURSE SYLLABUS

- Unit – I - Fundamentals of Emotional Intelligence
- Unit – II - Personal competence
- Unit – III - Social competence
- Unit – IV - Emotional Intelligence : Measurement and development

K.E. Jeevan Jyothi

K.E. JEEVAN JYOTHI
M.A., M.Phil
HEAD, P.G. Dept. of English
ANDHRA CHRISTIAN COLLEGE
GUNTUR.

[Handwritten Signature]

PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
(Day, Evening & P.G)
GUNTUR

Emotional IntelligencePG Department of English
ANDHRA CHRISTIAN COLLEGE
GUNTUR.40
50Section - A

Ramya D

1)
A)

Emotional intelligence is the ability to manage both your own emotions and understand the emotions of people around you. There are five key elements to EI. Self-awareness, self-regulation, motivation, empathy, and social skills.

People with high EI can identify how they are feeling, what those feelings learn, and how those emotions impact their behavior and in turn, other people it is a little harder to manage the emotions of other people - you can't control how someone else feels or behaves. But if you can identify the emotions behind their behaviour, you'll have better understanding of where they are coming from and how to best interact with them.

High EI overlaps with strong interpersonal skills, especially in the areas of conflict management and communication - crucial skills in the work place.



Employees who can self-regulate their emotions are often able to avoid making impulsive decisions - they think objectively before they act.

Operating with empathy and understanding is a critical part of teamwork. Being able to attribute someone's behavior to an underlying emotion will help you manage relationships and make others feel heard.

on an individual level, being aware of your feelings control you. Recognizing how you feel and why will help you to sit with those feelings and then move forward in a productive way. Effective leaders are often very emotionally intelligent. In the work place, it's important for leaders to be self-aware and able to view things objectively.



Section B

2) How do you celebrate success

Ans: 1) Take time for self-care, "Having a great cup of coffee... sitting back and contemplating what I've accomplished..."

2) spend time with loved ones "I watch my kids with great admiration."

3) Show your appreciation.

4) Get creative.

5) Practice gratitude.

6) Be spontaneous.

7) Use it to fuel you



3) what is your inspiration - and motivation?

Ans- my passion for [hobby or interest, eg coding, digital art] has always been a source of inspiration for me. it has not only honed my skills in [relevant skills] but also inspired me to seek roles where I can apply "these skills" creatively, much like the opportunity presented by this role!!

* meeting deadlines, targets or goals.

* mentoring and coaching others

* learning new things.

* coming up with creative ideas to

improve something, or make something new.

* analysing complex data in order to draw clean and simple conclusions.

* working well as part of a team.