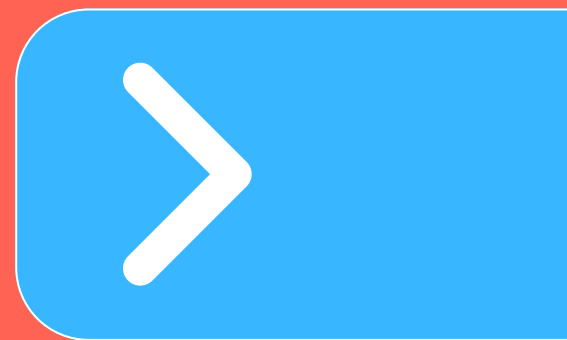


HOW TO DEVELOP YOUR EQ

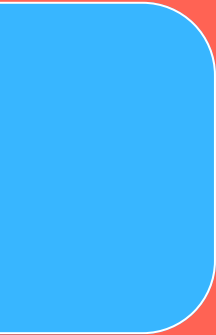


START SELF REFLECTING

By learning to regularly self reflect on experiences and interactions you can only then evaluate and understand your own emotions. Spotting your triggers and reactions helps you understand yourself, and other people, better.



DEVELOP YOUR EMPATHY



Seek first to understand is a very famous quote, but it really rings true here.



Seeing and understanding others' perspectives and feelings, by actively listening is an Emotional Intelligence superpower.

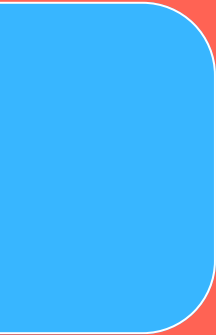
GET MINDFUL

This isn't about yoga or meditation.

We mean start learning to cultivate 'present-moment' awareness to help you manage stress or pressure and then respond thoughtfully and emotionally.



MANAGE EMOTIONS



By learning to identify, sense and then regulate negative emotions, such as anger or frustration allows you to control your emotions.



You can stay composed and choose to **respond**, instead of react.

WORK ON RELATIONSHIPS

Building positive relationships is essential for developing emotional intelligence. By learning to value collaboration, trust and respect you're developing key habits for the future, while setting future boundaries for how you will interact with others.

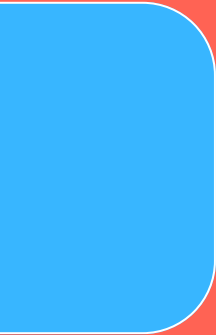


LEARN TO LOVE FEEDBACK

By asking for feedback you begin to use the input from others to grow and improve your emotional intelligence.

You cannot do this alone, and must use the relationships you've developed to guide you with trusted constructive feedback.

GET FLEXIBLE



Learning to adapt to challenges in a positive way develops your EQ. Role modelling flexibility and resilience when faced with difficult situations controls the emotions and sets you apart as someone who can lead the team through any storm.



ENJOY THIS?

