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*EMOTIONAL  
INTELLIGENCE*

EMOTIONAL INTELLIGENCE (EI) - IS THE ABILITY TO PERCEIVE, INTERPRET, DEMONSTRATE, CONTROL, EVALUATE, AND USE EMOTIONS TO COMMUNICATE WITH AND RELATE TO OTHERS EFFECTIVELY AND CONSTRUCTIVELY.

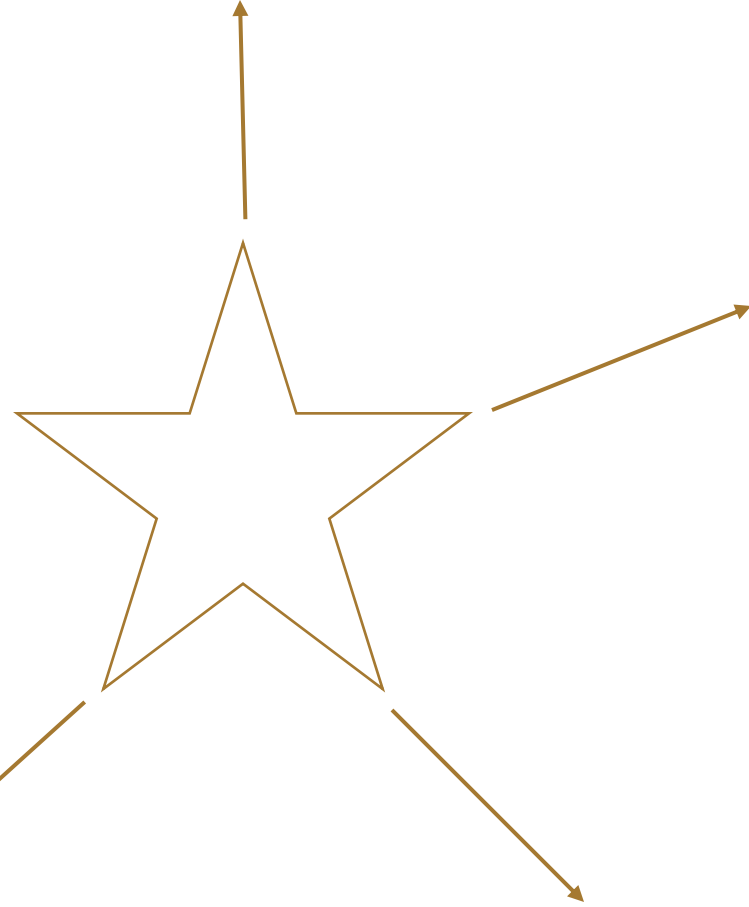
Social skills

Motivation

Self-awareness

Empathy

Self-regulation



# *HOW TO IMPROVE YOUR EI SKILLS?*

- i. Try to slow down your reactions to emotions.
- ii. Think about your strengths and weaknesses.
- iii. Put in the effort to understand what people are communicating non-verbally.
- iv. Work on communicating effectively and openly.



*THANK YOU!*