

GET THE JOB

Emotional Intelligence

Why EQ is Just as Important as IQ in Your Career Pathway

In today's workplace, emotional intelligence (EQ) is often considered as valuable as technical skills. It influences how you handle stress, communicate with colleagues and make decisions under pressure.

Here's how improving your EQ can positively impact your career.

UNDERSTAND THE CORE COMPONENTS OF EQ

Emotional intelligence includes self-awareness, self-regulation, empathy, social skills and motivation. These traits affect how you manage emotions in challenging situations and how you interact with others.

The first step to developing your EQ is understanding your strengths and areas for growth.

Start by observing your reactions to various work situations, particularly high-pressure ones. Self-reflection can help you identify patterns in your behavior and recognize how your emotions influence your decision-making.

ENHANCE COMMUNICATION

High EQ can make you a better communicator, leading to more positive interactions and



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stronger working relationships.

Practicing active listening, expressing empathy and understanding different perspectives are key ways to improve your interpersonal skills.

This can be especially valuable in teamwork settings where collaboration and trust are essential.

Regularly checking in with

colleagues, offering constructive feedback and showing appreciation for their contributions can also foster a more supportive and productive work environment.

Strong communication skills help you navigate difficult conversations with confidence, making you a more effective team member.

BUILD RESILIENCE AND ADAPTABILITY

Resilience — the ability to bounce back from setbacks— is a crucial component of emotional intelligence. By building resilience, you can handle workplace stress more effectively and adapt to change with greater ease.

Practicing mindfulness, setting realistic goals and staying

open to feedback are helpful ways to build resilience.

Improving your emotional intelligence can make you more adaptable and reliable in the workplace. By focusing on developing your EQ, you'll find it easier to handle challenges, build meaningful relationships and create a positive work experience for yourself and others.