

a few notes

Topic: Emotional Intelligence



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Having emotional intelligence is essential for success. In today's employee check, we revisit emotional intelligence for leaders. According to an article on mindtools.com, there are five key elements to emotional intelligence. We focus on two of those elements today: Self Awareness and Self-regulation. If you're self-aware, you always know how you feel, and you know how your emotions and your actions can affect the people around you. Improving your self awareness can be as easy as writing in a journal. Self-regulation is all about staying in control. To improve your self control, know your value and hold yourself accountable. Starting here will greatly improve your leadership skills.

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