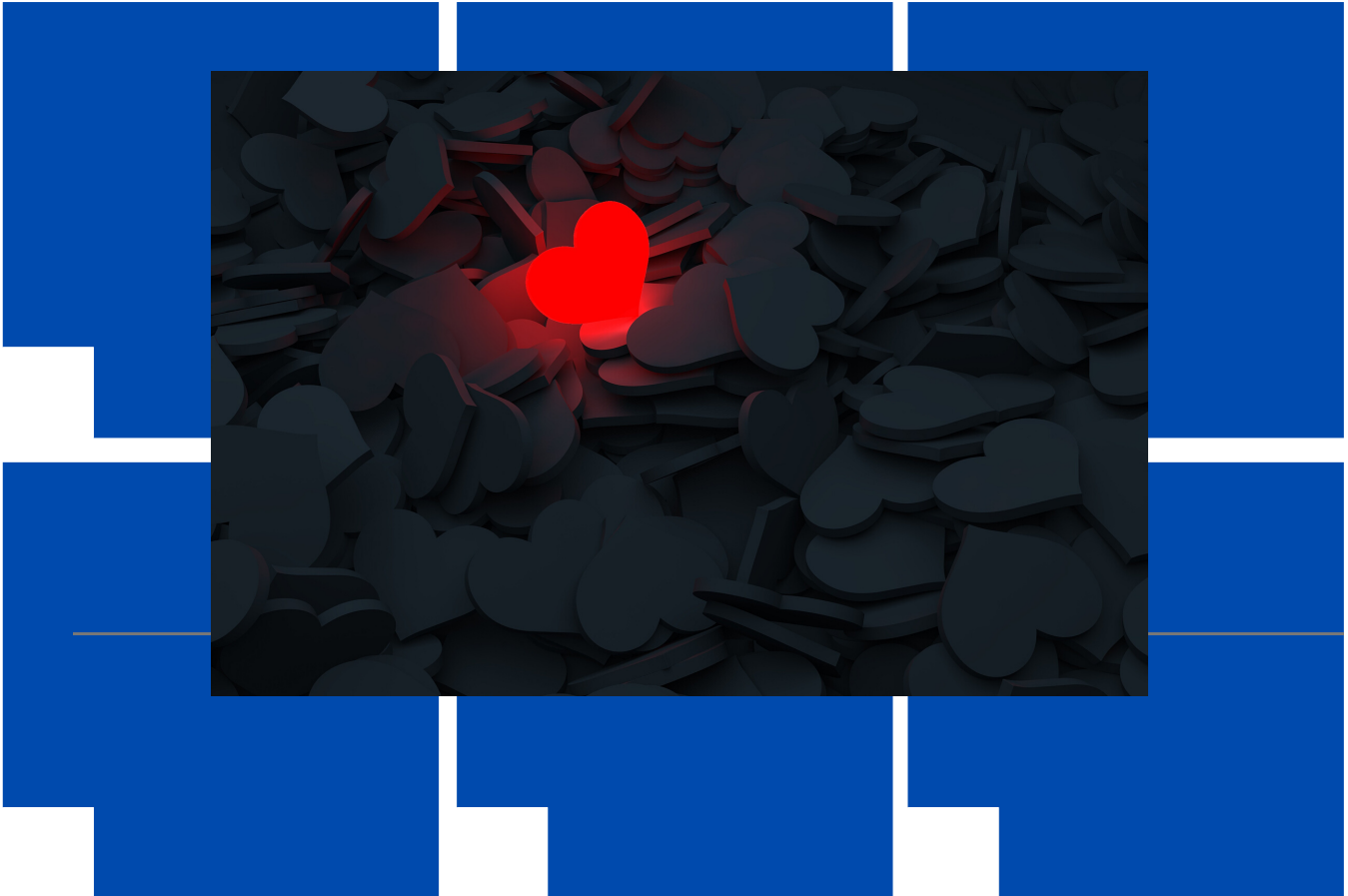


a few notes

Topic: Emotional Intelligence Part II



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Today we pick up on the additional elements of emotional intelligence. We revisit the article on mindtools.com. The third element for emotional intelligence is motivation. Self-motivated individuals work consistently toward their goals, and they have extremely high standards for the quality of their work. You can improve your motivation by re-examining why you chose the career that you have. If you're unhappy in your role and you're struggling to remember why you wanted it, try the Five Whys technique to find the root of the problem. Starting at the root often helps you look at your situation in a new way. Also determine how motivated you are to lead. The Leadership Motivation Assessment can help you see clearly how motivated you are in your leadership role. And finally finding the good no matter what problem you face. Adopting this mindset might take practice, but it's well worth the effort.

Click here for related [Source](#)