

THE TRUTH OF EMOTIONAL INTELLECT

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The level of person development we determine by IQ results. But nowadays further with IQ, another characteristic is important. Emotional Intellect (EQ) helps in work which connected with people. Successful companies, firms and corporations pay a great attention to EQ. Scientists supposed that EQ is an essential part in achievement of general success. The Emotional Intellect consists of five components:

1. consciousness;
2. self-control;
3. motivations;
4. skills to put oneself on other people's place;
5. skills to work with different people.

All five features sound attractive practically for each person.

Skills of managing oneself.

1. The consciousness. The Emotional Intellect begins from this feature. The person who has a high degree of consciousness knows about his own weakness and doesn't scruple to speak about it.
2. The self-control. This feature, however, develops in other direction. People, possessing this feature, can control their own impulses, but often even direct them into needed direction.
3. The motivation. The desire to reach anything is such type of motivation, which leader greatly needs.

Skills to work with other people.

1. The skill to put oneself on place of other people. Further with skills of managing oneself, emotional intellect requires presence of mechanism of the interaction with people. Such mechanism begins with skills to put oneself on place of others – to pay attention to other people feelings when you make a decision. For example: let's imagine two leaders in one company, which have to dismiss some people. One of the leaders pronounces the bitter speech, in which informs an exact amount of workers will be dismissed. The second leader, he also doesn't hide bad news, takes into consideration workers' feelings. He promises to inform them and be honest. The manager, who showed strictness to workers, demoralized talented workers. Many of them were dismissed on their own desire.

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