

Emotional intelligence is the awareness and regulation of our emotions and understanding how they influence those around us. The five components of emotional intelligence are self-awareness, self-regulation, motivation, empathy and social skills.

Self-awareness is keeping in touch with ourselves and comprehending what emotions we are feeling and why.

Self-regulation is like self-control, a person who is effectively self-regulating will not overreact to challenges or setbacks but will be able to comprehend the situation and make a rational decision moving forward.

Motivation is the internal drive to work towards or complete a goal, when doing this it is important to understand where we are starting from and what we will likely face on the way to completing the goal.

Empathy is trying to understand what other people are feeling and going through, its fine to hear what people say but true empathy is being able to put ourselves in other people's situations and try to understand what feelings they are experiencing and how that is influencing their behavior.

Social skills are the ability to work with people, meaning being able to take and utilize criticism, learning to speak to people directly and giving them an honest response in a non-inflammatory way, and overall being a good communicator.