Improving One’s Emotional Intelligence

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Emotional intelligence is a very important skill that a person needs to develop in order to be happy and at peace in getting along with people. Especially us teachers who interact with various individuals everyday. It involves understanding not only of one’s own feelings, but also those of the others. Studies showed that high performers at work possess high emotional intelligence. The ability of a person to control and express his emotions appropriately in every situation, results to a reduced conflict in the workplace. Therefore, creating a good and harmonious working relationship that leads to the organization’s success.

The following ways can help improve one’s emotional intelligence:

1. **Don’t let negative thoughts control your mind**

   The way we feel about the situation will change, if we change the way we think. Do not immediately jump into a negative thought if you feel bad about someone’s behavior. Perhaps, that person is up to something that bothers him that caused him to manifest such act. We can avoid personalizing people’s behavior by perceiving their expressions objectively.

2. **Keep your calm**

   Whenever a bad situation arises, do not let stress get into your nerves. That will definitely not make the situation better. When under pressure, the most important thing to keep in mind is staying cool.

3. **Put yourself in other’s shoes**
It’s better to understand why a person deals with us the way he does if we will empathize with him. That is, knowing what it feels to be in that person’s place. If your superior is demanding, it must not be easy to have such high expectations placed on his performance by the higher superiors.

4. Be Proactive

Think before you act and speak. When you are angry or upset with someone, don’t be reactive. You might be able to say or do something you will regret later. Give yourself the time to figure out the better way to communicate the issue.

5. Be optimistic amidst all difficulties

With every challenging situation you encounter, instead of dwelling in despair, think that everything happens for a reason. Focus on the lesson that you will get out of the experience. In every failure and mistake that you will commit, and in every difficult situation that you will surpass, you can always look forward to learning something new that will add up to create a stronger and a better version of yourself.

References:

https://www.forbes.com/sites/ashleystahl/2018/05/29/5-ways-to-develop-your-emotional-intelligence/#1272a1386976