

# Reflective Living with Dr. Angela

## Emotional Intelligence

### Do you want to move up in life?

**One way to do this is to develop your emotional intelligence which includes 4 main areas:**

**Self-awareness is the ability to read your own emotions and recognize their impact on your decisions so you are not mastered by your emotions.**

**Self-management involves controlling your emotions and impulses plus adapting to changing circumstances so you can live above the dictates of your emotions.**

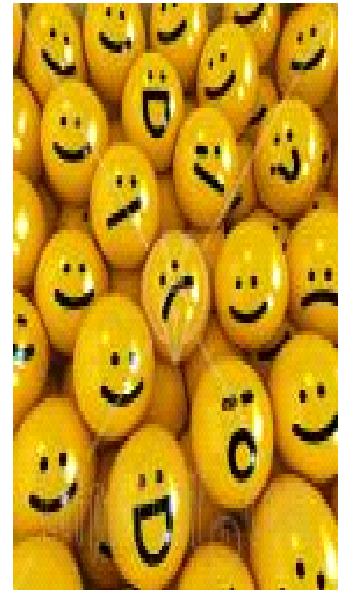
**Social awareness is the ability to sense, understand, and respond to the emotions of others without succumbing to the clutches of toxic interactions.**

**Relationship management is the ability to inspire, influence, and develop others through the minefields of conflict.**

**Emotional intelligence is believed to be a huge predictor of success in the marketplace. To that end, technical skills become less important as you ascend the ladder of success while emotional intelligence-based capacities become more important.**

**This is a good case for placing your emotions under the watchful guardianship of a pure heart.**

**This is Reflective Living with Dr. Angela at [reflectiveliving@yahoo.com](mailto:reflectiveliving@yahoo.com).**



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