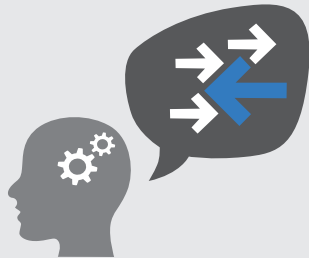


7 Ways To Improve Your Emotional Intelligence

Action Planning

Action 1

Analyse Your Emotions & Behaviours



Take some time out to think about your emotions and your behaviours in certain situations. Make a list of your strengths and also development areas around how you emotionally react to things and how your behaviour might change in these situations.

Action 2

Ask For Feedback



To help you analyse your emotions and behaviours ask the people who work with you and around you to provide you with feedback on how they see you act and behave in the workplace. Use this information to put a development plan together of how you can improve.

Action 3

Practice



Allow yourself the time to review your development and practice empathy with yourself. Compare your personal and work life and understand which areas make you happy and why, and which areas don't and how you can create a more positive outlook for yourself.