

# Emotional Intelligence

The ability to recognize and manage our own emotions (that drive our behaviors), and impact others (positively and negatively); and the ability to recognize, understand and influence the emotions of others.

Good, fundamental leadership starts with self-confidence and self awareness. This is having an honest understanding of your own: emotions, strengths, weaknesses, needs and drives, and recognizing how your feelings affect you and others, and your job performance.

<i>Components of EQ</i>		<i>Improving EQ</i>
<b>Self Awareness</b>	The ability to recognize and understand your moods, emotions, and drives, as well as their effect on others	"Tune in" to your emotions, slow down, keep a journal, practice mindfulness, know who and what pushes your buttons
<b>Self Regulation</b>	The ability to control or redirect disruptive impulses and moods; to think before speaking and acting	Know your values, hold yourself accountable, practice being calm, practice flexible thinking, and practice gratitude
<b>Motivation</b>	The internal energy that drives us to act and pursue our goals; It is a general desire and willingness that encourages us to strive, persist, and overcome obstacles in pursuit of what we desire	Remember why you joined the Navy, be hopeful and find something good, practice optimism
<b>Empathy</b>	The ability to understand the emotional makeup of other people; Considering others' feeling, especially when making decisions	Put yourself in someone else's position (shoes), pay attention to body language, respond to feelings
<b>Social Skills</b>	Proficiency in managing relationships and building networks; an ability to find common ground and build rapport	Learn how to praise, learn conflict resolution, improve your communication skills