

# Summary



Here's a quick summary of the session for you. This Resource Hub video focused on the first part of a Four Part Series on Emotional Intelligence. The concept of emotional intelligence goes back to the 40s. We understood the difference between EQ and IQ. EQ/EI refers to emotional management skills which provide competence to balance emotions and reason, to maximize long term effectiveness and happiness. The four domains of EQ are self awareness, self management, empathy and skilled relationships. More than 50% of the employees lack the motivation to keep learning and improving. With the goal of learning the meanings and causes of their experience and behavior, we understood how psychological mindedness is a person's ability to see relationships among thoughts, feelings and actions.