



Use of emotional intelligence in working environment

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DESCRIPTION

Emotional intelligence is the capability to understand and manage feelings effectively. Emotional intelligence in the workplace can give significant benefits and farther develop your career, in addition to creating better collaborations and promoting a positive work atmosphere. The five factors of Emotional Intelligence at work place include self- awareness, self- regulation, Motivation, Empathy and Social Skills. Self-awareness is the capability to identify your feelings and emotional triggers. Being apprehensive of your feelings helps you understand how others might perceive your feelings. You might use self- awareness at work to understand how you're viewed by your co-workers, guests or managers.

Self- regulation is the capability to control and adapt your feelings to produce a more positive effect. Being in control of your passions is essential in any situation because your feelings energetically affect other people. You might control your feelings on the job by confirming your feelings to keep a professional appearance in front of clients. Motivation is the urge and desires to do something, and it relates to emotional intelligence because your desires can promote different feelings toward something. For example, having a desire to complete all your day-to-day tasks successfully might be displayed as natural motivation to your employer-and a way of fulfilling your own inner demands and aims.

Empathy is the capability to identify and understand the passions of another person. Understanding the passions of others allows you to handle workplace sit-

uations more effectively. For case, when a colleague is showing signs of dismay, you can reply with empathy to alleviate a situation that might have become worse. Social skills are the tools used to communicate and interact with other people. Having stronger social skills-like effective communication and respect allow you to hear, speak and resolve conflicts more effectively. Social skills can be used in the workplace to develop your career and are essential tools for leaders.

The emotional intelligence can be used in the workplace in the following ways:

a) As a Leader-If you're a leader at your company, you probably have a high EQ. That's because leaders must use emotional intelligence every day at work. CEOs and individual team managers likewise must set the first behavioral illustration for the rest of the group, engaging your workers the way you want them to engage with you and each other. Also, you have to be careful to consider the feelings of others-- showing your workers you admire them are the stylish way to gain respect, yourself.

b) Giving a Performance Review-Unfortunately, feedback goes nowhere unless you give it with tact and social awareness. Understanding what your workers need and how they feel about themselves and their work can help you determine the most effective way to bear formative review. Exercising empathy and using tone- operation if your hand becomes worried can help motivate them to do their stylish and continue to succeed.

c) Receiving Feedback-It can be difficult to receive negative feedback. Especially if you allowed you were

doing a good job. But feedback is just an occasion to ameliorate, and while you might have a knee-haul response when someone differently tells us how we failed them (we all do occasionally) with tone-mindfulness and tone-operation we can reply meetly, and harness feedback to better yourself and come a more effective team member.

d) As a Hiring Manager- Testing a seeker for EQ skills is the real challenge. Emotional intelligence is something that can be tutored and counseled, but hiring new employees who are emotionally intelligent off the club saves time, money, and a lot of energy.

Still, it affects everyone, If indeed one person at work has low emotional intelligence. Emotional intelligence should come from every position within a company. For this reason, directors, entry-position workers, directors, department heads, HR representatives, and more should work on perfecting their emotional intelligence. As workplace diversity increases, this needs to be a team trouble or conflicts and misunderstandings will crop up. With a high emotional intelligence workplace, people can work in a positive work terrain where everyone cares about each other's success and happiness. That makes professional life better for everybody.