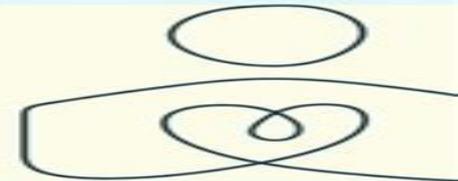


# IMPROVE YOUR EMOTIONAL INTELLIGENCE

The awareness of, and ability to manage one's own emotions, and have empathy for others.

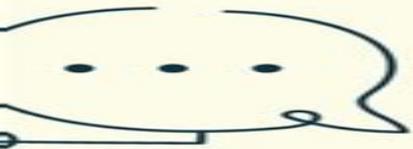
## SELF-REGULATION

- Identify triggers
- Name your emotions
- Practice healthy living
- Stay connected with friends



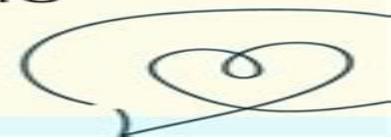
## SELF-AWARENESS

- Identify early attachment experiences that may have influenced how you currently manage your emotions
- Practice mindfulness to connect with your emotions
- Ask for feedback



## SOCIAL SKILLS

- Identify nonverbal cues in others
- Practice active listening skills
- Empathise with others



# 7 Steps To Emotional Intelligence

**Annelies Wilder-Smith**



## **7 Steps To Emotional Intelligence:**

## The Enigmatic Realm of **7 Steps To Emotional Intelligence**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **7 Steps To Emotional Intelligence** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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