

**Q. Why Emotional intelligence is more important than intelligence Quotient which one, do you think, matters more for your Career & Personal development.**

**Ans Introduction:**

In today's world, Success is not solely determined by cognitive ability or intellectual Potential commonly measured by Intelligent Quotient IQ. Instead the role of Emotional intelligence gained significant attention. While IQ is critical for solving technical problems and logical reasoning. EI focuses on understanding and managing emotion in oneself and others. This ability to connect emotionally often becomes the determining factor in building relationships, resolving conflicts, and achieving success in ~~Partier~~ Personal and professional life.

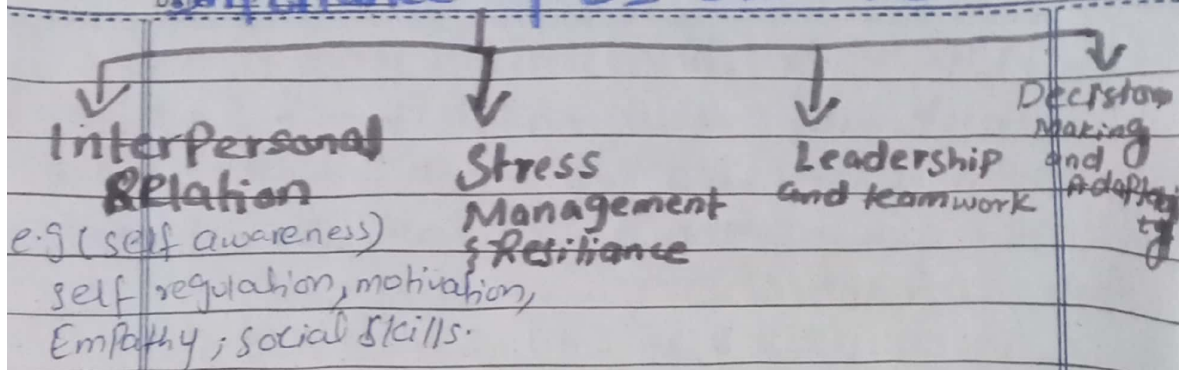
**Defination:**

**EI** = "The ability to identify, assess and manage the emotions of oneself other and group." (Daniel Goleman)

**IQ** =

"An individual's intellectual Potential and ability to learn, reason, and solve problems." (Alfred Binet)

# Importance of EI over IQ



## 1. Interpersonal Relation:

Goleman's Emotional intelligence framework emphasizes five key EI components.

- **Self awareness**: Recognize one's emotions.
- **Self regulation**: Managing emotions constructively.
- **Motivation**: Staying committed despite setbacks.
- **Empathy**: Understanding other's feeling.
- **Social skills**: Building rapport and collaboration.

e.g.: A teacher ~~underst~~ with high EI understands when students are stressed and adjust teaching methods to motivate them effectively.

## 2) Stress Management and Resilience

Lazarus and Folkman's stress and coping model highlights that emotional regulation determines

how well student adopt new situation.

e.g. A doctor managing patients in a busy emergency room uses EI to remain calm, patients and avoid burnout.

### 3) Leadership and Teamwork

Transformational leadership theory suggest that leader with high EI inspire and motivate the teams by fostering emotional connection and trust.

e.g.: A Project manager with high EI restore team conflicts and encourage collaboration, ensuring Project success.

### 4) Decision-Making and Adaptability

Emotional regulatory theory explain that people with high EI make better decision because they evaluate both emotional and logical aspects of a situation.

e.g. An entrepreneur with high EI stays resilient after business failure, analyzing the problem rationally while managing disappointment.

— Which matters More for Career and Personal development

DATE: \_\_\_/\_\_\_/\_\_\_

**Carrier Development:** EI often takes precedence, especially in fields requiring leadership, teamwork, and communication. For example.

**A marketing manager:** Uses empathy to understand customer needs.

**A healthcare professional:** Uses self-regulation and empathy to handle patients.

### **Personal development:**

EI is crucial for building and maintaining healthy relationships, managing stress, and achieving personal goals. For instance:

**In relationships:** EI helps in resolving misunderstandings and fostering trust.

**For self-improvement:** High EI aids in setting realistic goals and maintaining motivation.

### **Conclusion.**

While IQ lays foundation for cognitive ability, EI is vital for thriving in real world scenarios. Both are important, but EI has a broader impact on career success, personal growth, and everyday interactions. Developing EI is a lifelong process that enhances one's ability to navigate emotions and relationships effectively.