

Unleashing Your Emotional Intelligence

By Gabriel Lawson

Emotional Intelligence

Want to be a top performer? You can. Emotional Intelligence (EQ) isn't fixed like IQ and research shows up to 90% of the difference between outstanding and average performance can be attributed to Emotional Intelligence. Mastering

90% of the difference between top performers and average performers can be attributed to factors associated with Emotional Intelligence!

EQ doesn't just make you *more successful*, it also results in a *happier and more satisfying life*.

What is Emotional Intelligence?

To develop Emotional Intelligence, you must understand the four major areas where your emotions play critical success or failure roles:

- Self-Awareness
- Social-Awareness
- Self-Management
- Social-Management

How Our Emotions Work

Our emotional response occurs before our cognitive brain engages; thus, the key to developing emotional intelligence lies in understanding how our emotions work.

Our *emotional brain* triggers energy to either our *cognitive brain* or our *reptilian brain*. Our “fight or flight” reptilian brain consumes over 65% of

our brain's energy. However, it's easy to redirect that energy to the cognitive brain to increase our problem solving, decision making, intuitive, and creative abilities—our success skills!

Developing Emotional Intelligence.

Developing emotional intelligence is not a cognitive process; rather it is like modifying habits. To manage emotions, you must first master the habit of emotional awareness. Awareness of your emotional landscape greatly simplifies achieving success and happiness.

The Missing Link

Publications and classes on Emotional Intelligence describe how it can improve your life and career, but they fall short in teaching techniques to actually mature your Emotional Intelligence—until now! Your emotional brain is part of your limbic system which doesn't respond to cognitive learning. It responds to the same behavioral techniques by which successful habits are created—and those techniques are well known.

Emotional Intelligence Can Be Learned!

Discover how to increase your success in your career, your life, or in an organization—discover successful change.