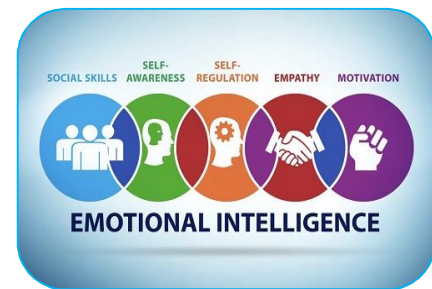




EMOTIONAL INTELLIGENCE**Dr. Krishna Punjaram Bhadane****Rajarshi Shahu College of Education, Tathawade, Pune.****Savitribai Phule Pune University Pune.****ABSTRACT**

Emotional intelligence can greatly impact your work life and career, so it's important to understand exactly what it is and why it is so important. Every workplace is comprised of people with different strengths, personalities and emotions, which can greatly affect the way they work. Emotional intelligence is the ability to identify and manage your emotions as well as the emotions of others. Emotional intelligence is typically factored into the everyday decisions employers make, such as hiring, firing and promoting employees. Many hiring managers study candidates' emotional intelligence by asking specific questions during the hiring process, in order to identify those who have a higher degree of emotional intelligence. They also analyze the emotional intelligence of their current employees to determine leadership potential. In addition, when promotions and pay raises are being considered, emotional intelligence is typically factored into the decision.



KEYWORDS: *Emotional intelligence , work life and career, determine leadership potential.*

INTRODUCTION

Emotional Intelligence, Organization Introduction Emotional Intelligence (EI) describes the ability, capacity, skill, a self-perceived ability, to identify, assess, and manage the emotions of one's self, of others, and of groups. Emotional Intelligence is a general term used for our level of competence in our personal and interpersonal skills. In work environments research reveals that that mastery of these personal and interpersonal skills is the single most important determinant of our performance success. It is also a major determinant in how we feel, think and act. Emotional Intelligence will determine how well you know and manage yourself, how well you handle what happens to you and how well you interact and handle others.

Emotional intelligence includes a broad array of sub-skills including how we monitor our own and others feelings and emotions, how we discriminate and assess and how we use this knowledge to guide our thinking and actions. It includes assertiveness, impulse control, adaptability, motivation and optimism. Definition Emotional Intelligence is "the capacity for recognizing our own feelings and those of others, for motivating ourselves and for managing emotions effectively in others and ourselves".

Emotional Intelligence often measured as an Emotional Intelligence Quotient describes an ability, capacity, skill, a self-perceived ability, to identify, assess, and manage the emotions of one's self, of others, and of groups Howard Gardner's Frames of Mind: The Theory of Multiple Intelligences introduced the idea of Multiple Intelligences which included both Interpersonal intelligence

We live in a world that is changing faster than ever before and facing unparalleled challenges. Realizing their proper place and having a strong sense of intelligence toward the invisible intricacies of life and high-quality education are crucial in the competitive environment of today, where students are expected to execute multiple tasks with efficacy and performance. The primary goal of the proposed New Policy on Education was to raise the standard of education that could be achieved by developing students' emotional intelligence.

Students who possess emotional intelligence perform better academically and acquire abilities for both their personal and professional lives. As teachers are considered as the second parent of the students, the teachers play a vital role in shaping the behavior of future citizens. The educational institution could give a thought of including Yoga and Meditation in their curriculum for improving emotional intelligence and employing teachers/ faculty members with a high level of emotional intelligence, which plays an important role in inculcating and developing emotional skills among the students. The modern concept of emotional intelligence is, in itself, a youthful one. Much work has yet to be done to discover exactly what emotional intelligence encompasses and how it would be most effectively applied.

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