What is emotional intelligence?

Emotional intelligence is the ability to:

- identify and understand your own emotions
- successfully use emotions during social interactions
- use your emotional awareness to guide you when solving problems
- deal with frustration and be able to wait to get what you want
- keep distress from overwhelming your ability to think
- be in control of how and when you express feelings.

'A set of traits that matters enormously for our destiny.'
(Goleman, D. (1995). *Emotional intelligence*. New York: Bantam Books.)