

DEVELOPING EMOTIONAL INTELLIGENCE FOR BETTER WORKPLACE RELATIONSHIPS

by:

Jessica S. Dela Cruz

Teacher II, Sta. Rosa Elementary School

Emotional intelligence has become a critical talent for improving professional connections and encouraging teamwork in today's workplace. Gaining emotional intelligence is not just being aware of and in control of one's own feelings but also being able to identify and sympathize with those of others. People can more successfully negotiate workplace dynamics by developing abilities like empathy and active listening, which strengthens bonds and boosts team output.

Self-awareness, or the ability to identify one's own emotional states and comprehend how they affect one's ideas and actions, is the cornerstone of emotional intelligence. An employee who is able to recognize when they are feeling stressed or frustrated, for instance, is better able to control their emotions and react composedly under trying circumstances. By fostering emotional equilibrium, this self-awareness enables people to address issues with objectivity and a positive outlook.

The capacity to comprehend and sympathize with the feelings of others is equally significant. By allowing people to perceive things from another person's point of view, empathy promotes a closer bond and greater understanding amongst people. Empathetic listening, for example, enables a coworker's feelings to be recognized and affirmed when they express worries about a pressing deadline. In addition to fortifying interpersonal ties, this fosters a psychologically safe atmosphere where team members experience support and worth.

Another essential element of emotional intelligence is active listening. It involves more than just hearing what is being said; it involves completely comprehending the speaker's feelings and message. In order to show genuine interest, active listening entails keeping eye contact, giving verbal affirmations, and posing intelligent queries. Active listening techniques can help clear up misconceptions, avoid confrontations, and foster productive teamwork in the workplace. Teams that put this ability first frequently report improved productivity and more seamless communication.

Emotional intelligence has advantages that go beyond personal connections. Because they can effectively handle conflict, inspire trust, and inspire teams, people with high emotional intelligence are more likely to succeed in leadership jobs, according to research. Additionally, companies with a culture that values emotional intelligence report better overall performance, reduced staff attrition, and increased employee satisfaction.

To sum up, cultivating emotional intelligence is critical to achieving professional success and creating lasting relationships at work. People can more confidently and skillfully negotiate the difficulties of interpersonal encounters by practicing self-awareness, empathy, and active listening. Organizations may create more cohesive, resilient, and productive teams by investing in emotional intelligence training and practices.

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