

## 1.4: Emotional Intelligence

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### Emotional Intelligence

**Emotional Intelligence (EQ)** is defined as the capability of individuals to recognize their own emotions and others' emotions or the ability to understand and manage emotions in oneself and in others. Developing EQ is important to your career.

#### Test Your Emotional Intelligence

Take this free assessment to find out how well you read other people: [Test Your Emotional Intelligence](#)

#### Read: Why Emotional Intelligence is Important in Leadership

Read the following article that explains the **four competencies related to Emotional Intelligence** and provides insight into how each helps you to be a better manager: [Why Emotional Intelligence is Important in Leadership](#)

(Excerpt) "The technical skills that helped secure your first promotion might not guarantee your next. If you aspire to be in a leadership role, there's an emotional element you must consider. It's what helps you successfully coach teams, manage stress, deliver feedback, and collaborate with others.

It's called **emotional intelligence**, and it's one of the most sought-after interpersonal skills in the workplace. In fact, [71 percent](#) of employers value emotional intelligence more than technical skills when evaluating candidates."

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