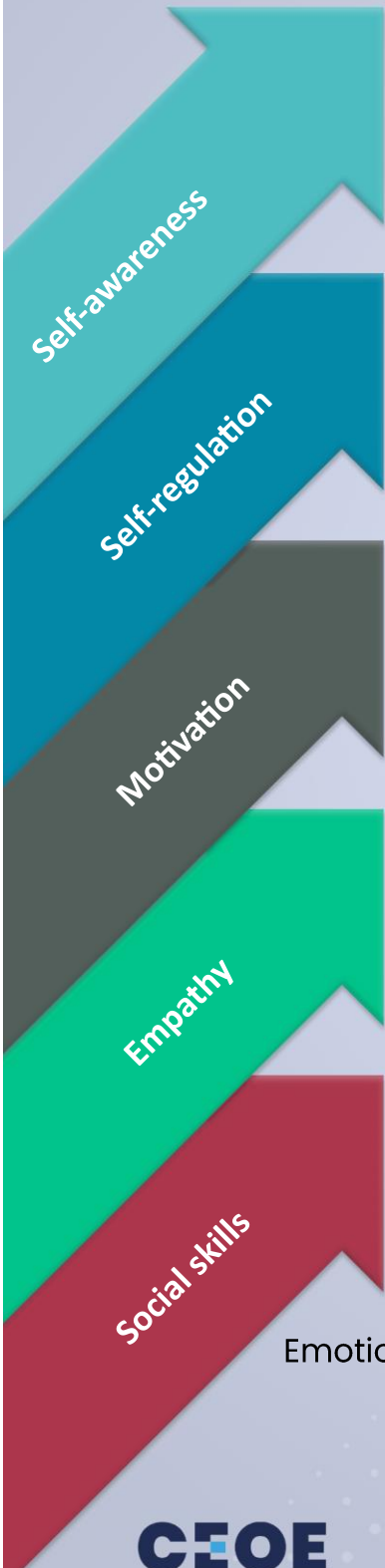


## The power of emotional intelligence in the labour market

Emotional intelligence is much more than a set of approaches and strategies to identify and better manage our own emotions. It leads to better collaboration and a happier working environment.



- To recognise and understand one's own emotions, thoughts, and values, and how they influence behaviour
- To identify patterns and to better understand the motivations behind your actions
- To recognise, to manage, to control emotions and impulses appropriately
- To take responsibility for your own actions, and ensuring that what you do matches with your personal values.
- To achieve your goals, feel more fulfilled and improve your overall quality of professional life
- To be highly adaptable, particularly when it comes to change, and to have a positive attitude at work
- To recognize, to understand and to share the emotions of others
- To communicate and to be led by understanding others' thoughts, views, and feelings
- To be able to obtain the cooperation of others
- To develop critical thinking and problem solving in complex situations

Emotional intelligence is about acquiring an authentic emotional awareness with which to build solid and respectful relationships.

It is the key to security, success and production.