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Better understand your behavior, and that of others, with emotional intelligence [1]

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Being aware of our emotions and those of others enables us to understand why we behave the way we do and apply more intention to our words and actions. We never stop growing when it comes to emotional intelligence, and it's a crucial skill to begin cultivating early in our academic and professional careers.

In the 35 minute "Improving Emotional Intelligence with Mindfulness [3]" course hosted by Darrell Jones of Chill Anywhere, you will learn how you can increase your emotional intelligence so you can understand your emotions and the emotions of others.

Being mindful of emotions all starts with recognizing what emotions feel like. This may sound easy, as we have experienced many emotions throughout our lives, but it's still important to recognize how we react to emotions because those reactions impact our lives and those of others.

In addition to learning how to identify and understand our emotions and those of others, this course will also teach you how to use these skills for conscious leadership, so you can be a more authentic and present leader.

Learn now [4]

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