This Free E−Book is brought to you by *Natural−Aging.com*.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances Impair Healthy Healing In People Over The Age Of 30!

Emotional Intelligence: Why It Works So Well

By Susan Dunn

Emotional Intelligence: Why It Works So Well by Susan Dunn, MA, Personal and

Professional Development Coach

Emotional Intelligence (EQ) is the study of "the wider range of qualities which enable people to excel - self−awareness, impulse control, persistence, empathy, etc." (Daniel Goleman).

It refers to your ability to understand and manage your own feelings and those of others, and to use the information to guide you to relate better, plan more flexibly, think more creatively, prioritize, motivate yourself and others, have better relationships and better health.

Emotional Intelligence is based on a number of competencies you can learn. Four of them are CREATIVITY, INTENTIONALITY, RESILIENCE and AUTHENTICITY. Depending upon which system you study, there are 12−24 of these competencies.

Why does it work so well? Because it solves problems quickly and effectively. If, for instance, you're not getting along at work, if you went to therapy, the therapist would immediately start looking for causes, and they would multiple. Causes might include chronic pain, anger, depression, passive−aggressive behavior, authority conflict, being the first born or the youngest, being the middle child, you're codependent, or an alcoholic.

The problem with these explanations is we all know people who are in chronic pain who are able to get along, or depressed, or passive−aggressive only in certain circumstances.

Emotional Intelligence, on the other hand assumes that you aren't getting along because you don't know how to. Pretty simple, isn't it? You aren't being creative because you don't know how to be. You aren't resilient because no one ever taught you. You aren't intentional because you've never seen it modeled by someone.

Studying Emotional Intelligence teaches you how. These things can be learned.

I read on someone's website the other day that EQ is hard to learn. On the contrary, I find most clients pick it up quickly because it's such a relief. "No one ever explained that to me,"they say, or "Now I get it." These competencies are things we can always improve throughout our lifetime, however most people see immediate positive results. The point is to set the train on the tracks so it can start rolling.

EQ is such a good system, I had a client in Abu Dhabi I worked with by phone, instant message and email who wrote me, after just 3 months: Since I started learning emotional intelligence, I have noticed the following positive changes:

1.I am more patient in dealing with angry people.
2.The ability to empathize with others helps in being able to receive love from mothers
3.I get in less fights in conversations
4.It is easier for me to solve problems

Lulwa, who gave me permission to quote her, may go on to increase proficiency in different areas, but she's already receiving the benefits in her life from what she learned in just a few weeks. Undoubtedly she will improve, because she has the foundation in place and she's getting the kinds of rewards that fuel motivation. Why would you stop doing something that makes it easier for you to solve problems?

Emotional Intelligence teaches you ways to make your life work better. It can be learned. You can get immediate results, and then continue improving as you apply the fundamentals you've learned to new experiences.

©Susan Dunn, MA, The EQ Coach, http://www.susandunn.cc . Coaching, distance learning, and ebooks around emotional intelligence for your continued personal and professional development. I train and certify EQ coaches. Get in this field, dubbed "white hot" by the press, now, before it's crowded, and offer your clients something of real value. Start tomorrow, no residence requirement. Mailto:sdunn@susandunn.cc for free ezine.

Is It Possible to Have Too Much Emotional Intelligence?

By Susan Dunn

Is It Possible to Have Too Much Emotional Intelligence? by Susan Dunn, M.A., The EQ Coach

Someone emailed me recently, "Do you think it's possible to have too much emotional intelligence going on? To the point that perhaps logic takes a backseat?"

Good question. The fact is, we need both IQ and EQ. You can't have "too much" emotional intelligence, but that doesn't mean at the expense of logic.

It's time to use logic, for instance, when figuring out a budget, or making a timeline for a project. Then there's a time to use emotional intelligence − using leadership skills, for instance, to get those people to make that timeline and project happen.

Emotional intelligence means using all your faculties, including logic and reason, to bring about results that are favorable. It means having the flexibility and creativity to see alternatives.

Say you're presented with a highly−charged emotional situation, for instance. You're furious with your partner and would like to hit him. Your EQ would tell you to manage that emotion, to stop and think. Your "thinking brain" would then consider the possible consequences of your act −− seriously hurting him, going to jail, harming the relationship irreparably, feeling shame and guilt afterwards, and other things that are not in your best interest. At the same time, you could use your empathy to try and see things from their point of view.

There are times when logic does need to take a back seat, for instance when we need to use our hearts in managing a misbehaving toddler. Logic and reason aren't of much use with a two year old. They also aren't of much use in figuring out the big questions in life, like why bad things happen to good people.

Emotional intelligence means managing emotions so you can take action in the best interest of all concerned. This also requires using your thinking brain!

To learn more about emotional intelligence, go here: http://www.susandunn.cc/EQ.htm

Susan Dunn, The EQ Coach, offers personal life coaching, transitions, career, relationships, emotional intelligence. Visit her on the web at www.susandunn.cc and mailto:sdunn@susandunn.cc .

This Free E−Book has been brought to you by *Natural−Aging.com*.

100% Effective Natural Hormone Treatment

Menopause, Andropause And Other Hormone Imbalances Impair Healthy Healing In People Over The Age Of 30!