

10-2010
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गोलमैन का सांख्यिक लुई सिद्धांत / भावनात्मक बुद्धिमान
Goleman's theory of Emotional Intelligence (1995)

depend on two factors (1) Love प्रेम
(2) spirituality आध्यात्मिक

Book / name
EI → proposed
concept.

कार्य के प्रति सहानुभूति उत्पन्न करता है।

(b) Multiple Intelligence theory - व्यक्ति में निहित
विविध योगाताओं की
- अभिव्यक्ति एवं मापन करता

Do IQ Person may be live a better life than Person
have greater EQ. (adjustment etc)

Daniel Goleman Model

Strength
weakness.

1) Self Awareness - How we react to situation
(knowing your limitations) (feeling I have)

Positive
(Happy)

Negative
(Stressed)

2) Self Management (Managing our emotions & Handling your feelings)

Manifesting
emotions

→ Now what to do with anxiety or feeling
eg. coaching class. (two boys)

I am going on.
(More popular, more sensitive)

3) Social awareness - How much I am social
(Mastering the Fundamental People skills) Emotions of others

4) Relationship management / Handling Relationships - eg. good leadership
→ Dealing with other people.

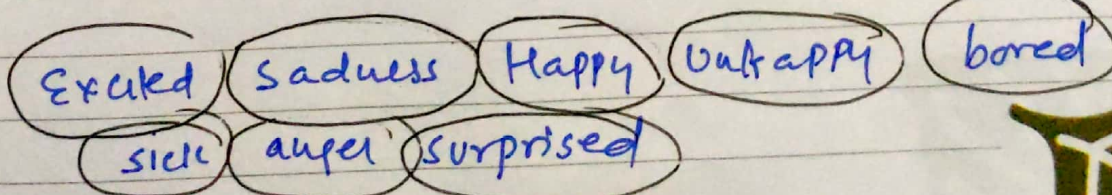
5) Empathy vs sympathy

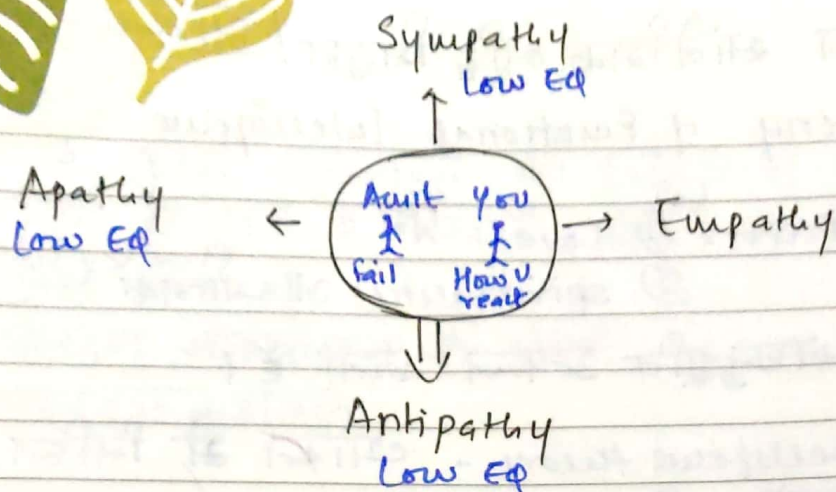
Daniel suggests EQ known as EI, to measure life's success

Emotional Intelligence - Persistence / self motivation / empathy /
Proactive / Handle complex situation.

Psychologist

Plutchik's wheel of Emotions - Eight emotions





Emotional Intelligence is the ability to recognize your emotions, understand what they are telling you and realize how your emotions affect people around you.

EI refers to the ability to identify and manage one's own emotions, as well as the emotions of others.

Acc to Peter Salovey & John Mayer, "the ability to monitor one's own and other people's emotion", to discriminate b/w different emotions & label them appropriately, and to use emotional information to guide thinking & behavior".

→ They coined the term "Emotional Intelligence" 1990 & popularized by Daniel Goleman in his book in 1995. Book named as "Emotional Intelligence".

Book - Emotional Intelligence - Why it can matter more than IQ