



Emotional Intelligence & Performance

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TUESDAY COLLOQUIUM

Emotional Intelligence and Performance

Abstract

Emotional Intelligence is a self- perceived ability to identify, assess and manage the emotions of one's self, of others and of group. It is the ability to manage our relationships and ourselves effectively.

There are several aspects of emotional intelligence which determine our personality and help us perform better in our personal, professional and social life. Emotional Intelligence deals with issues of ability to Lead, work with others in Teams, take initiative, deal with change etc.

Emotional; Quotient (EQ) is the dynamic dimension of Organizational Behaviour and Communication.

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PF AG 14, Prefabs, ABS
University of Mumbai, Kalina