

Transitions & Transformation: A Career Coach E-Newsletter
March/April 2013
Emotional Intelligence and Success

... [Y]ou cannot value dreams according to the odds of their coming true. Their real value is in stirring within us the will to aspire. That will, wherever it finally leads, does at least move you forward. And after a time you may recognize that the proper measure of success is not how much you've closed the distance to some far-off goal but the quality of what you've done today. Sotomayor (2013), p. viii.

Are you a CEO, community leader, a highly valued professional in your field or a college student? Then, learning/developing, strengthening or enhancing emotional intelligence (EI) skills can help in fast tracking toward success and desired goals.

One of the most popular writers on the topic of emotional intelligence, Daniel Goleman wrote Emotional Intelligence (1995) and Working with Emotional Intelligence (1998). In higher education, authors Gary Low and Darwin Nelson (Spring 2005) are making significant contributions to understanding emotional intelligence and the role of transformative learning in achieving academic and career excellence.

What are EI skills?

We know a great deal about IQ but very little about emotional intelligence or EQ. One is not superior to the other but, in combination they form a very powerful set of opportunities for increasing performance and success in life, career and in educational aspirations.

No matter the writer on the topic of emotional intelligence the core set of emotional intelligence skills are similar. For the purpose of this newsletter I will identify the emotional intelligence skills used in the Emotional Skills Assessment Process (ESAP), a positive assessment developed by Emotional Learning Systems, Inc. ESAP identifies ten critical emotional intelligence skills: **Assertion, Comfort, Empathy, Decision Making, Leadership, Drive Strength, Time Management, Commitment Ethic, Self-Esteem and Stress Management.**

What are the benefits of developing emotional intelligence skills?

- Identify EI strengths
- Identify EI skills to for professional/personal enhancement
- Increase self-confidence
- Increase self-awareness
- Increase adaptability
- Increase initiative

- Develop effective communication skills
- Develop an achievement orientation
- Become a more effective leader, manager, student
- Fast track towards achieving personal, career or educational goals

The benefits of developing personal or professional awareness include:

- Learning about your EI Profile
- Envisioning the possibilities for quality change
- Exploring how your goal fits the larger life picture
- Setting realistic goals as the primary key to success
- Making it real by creating a meaningful plan and being accountable for your success

Career Coach Last Note:

To inquire about taking an emotional intelligence skills assessment (college or corporate version) contact Dr. Barbara Candales at: bbtransformed@aol.com

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 Transitions and Transformations: The Journey is Yours!

References

Goleman, D. (1995). Emotional intelligence: Why it can matter more than IQ for character, health, and lifelong achievement. New York: Bantam Books.

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Sotomayor, S. (2013). My beloved world. New York: Alfred A. Knopf.