

EQ AND YOU

EMOTIONAL INTELLIGENCE TIPS

Having good EQ means a healthier and happier you. It also means you have the ability to make others feel good. And that's what a better world is made of.

HABITS OF PEOPLE WITH GOOD EQ



Use positive language to themselves & others.



Make time for themselves daily to recharge.



Don't sweat failure & allow themselves to learn from mistakes.



Regularly self audit their emotions, thoughts, habits & behaviours.



Take time to learn body language & use it effectively.



Listen well and respond with consciousness.

DAILY TIPS FOR BETTER EQ

1

Listen to Understand, Not to Respond

Focus fully on the speaker. Resist the urge to fix, judge, or interrupt.

2

Start the day positively. Exercise, meditate, use affirmations or gratitude so you set the tone for the rest of the day.

3

Your physiology affects your psychology. So move your body when you feel stuck, demotivated or tired. Dance, jump, stretch, sweep - just move!

4

Write 10 gratitudes at the end of each day. This trains you to look for the positive parts of your life and helps you to adopt a positive mindset.

5

Breathe Before You Speak

Even a 3-second breath can shift you from reactive to reflective, especially if you are

Sick of the same negative patterns in your team or personal life? Want to create lasting positive shifts? Let's chat about how we can work together. Get in touch: usha@nexustraininggroup.com