

# Emotional Intelligence

is the **Rocket Fuel** for

# Resilience

People low on resilience are 4x more likely to experience burnout. So rather than burn out, why not **use your emotional intelligence to shine bright!**<sup>1</sup>

#### WHAT WE KNOW ABOUT EMOTIONALLY INTELLIGENT PEOPLE:

1. Emotionally Intelligent people deliberately use their thinking and actions to guide their emotions, instead of allowing their emotions to determine their thinking and actions.
2. People who are highly emotionally intelligent tend to also be highly emotionally resilient.
3. Emotional resilience is not about being the best, it is about withstanding challenges without giving up.
4. Those with high EI cope better with stress, because of the way the stressor is perceived.

#### USE THIS CHECKLIST TO DEVELOP RESILIENCE AND EI TO BLAST PAST WORKPLACE STRESS:

1. Create an environment where employees feel in control.
2. Create well-functioning teams.
3. Help employees to set personal and professional goals – and align those goals with organisational goals.
4. Create opportunities for casual interaction amongst colleagues.
5. Be patient.

Emotional Intelligence and Resilience can be cultivated and developed. It is a personal choice to learn how to better deal with your own and others' emotions to strengthen your general well-being.

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<sup>1</sup> (<https://www.betterup.com/blog/how-to-build-resilience-why-resilience-is-a-top-skill-for-the-workplace>)