

1. Record Nr.	UNINA9910814801703321
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Titolo	Emotional intelligence / / Rajagopalan Purushothaman
Pubbl/distr/stampa	Mathura Road : , : SAGE Publications Pvt. Ltd, , 2021
ISBN	93-5479-305-3 93-5388-752-6 93-5388-751-8
Edizione	[1st edition.]
Descrizione fisica	1 online resource (196 pages) : illustrations
Collana	Sage essentials.
Disciplina	152.4
Soggetti	Emotional Intelligence Artificial intelligence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Contents -- Foreword -- Acknowledgements -- Introduction -- 1. Explaining Emotional Intelligence -- 2. Why EI? -- 3. What Is EI? -- 4. Self-awareness -- 5. Self-regulation -- 6. Self-motivation -- 7. Empathy -- 8. Social Skills -- 9. Building and Driving EI -- EI Strength Finder Tool -- Suggested Readings -- About the Author
Sommario/riassunto	In the digital world, the significance of emotional intelligence (EI) will gain further importance as technologies such as artificial intelligence (AI) and automation partly or fully replace human intervention. Humans will be valued by their unique characteristics and skills in the digital world. There is no doubt that EI is one of the differentiating future competencies in Industry 4.0. The book helps in understanding each component of EI along with its meaning, significance and application in our professional and personal lives. It talks about the five main elements of EI, namely self-awareness, self-regulation, self-motivation, empathy and social skills that allow us to escape from the ordinary. The necessary foundation for building EI is based on the three main components of mindfulness, resilience and compassion, which are also discussed in the book. It further provides steps for driving with EI and is filled with EI self-assessment tools and exercises. Emotional Intelligence shares the recipe for lifelong health, good relationships, professional and personal success, and happiness.

