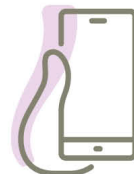


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HEALTH & WELLNESS

April 7, 2021

21-08

Boost your emotional intelligence

Workplace Strategies for Mental Health can help with a new and improved self-assessment, activities and resources

What's emotional intelligence?

In simple terms, emotional intelligence (EI) refers to the ability to identify and manage one's own emotions and tune into the emotions of others, according to [Psychology Today](#). The article says it makes sense that sensitivity to emotional signals from within yourself and from your social environment could make you a better leader, friend, parent or romantic partner.

Why should it matter to you?

Everyone in the workplace – from interns to managers – can enjoy greater success and personal satisfaction with higher EI.

Fortunately, you can develop your EI skills.

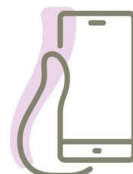
A new and improved Emotional intelligence [self-assessment](#) from [Workplace Strategies for Mental Health](#) will help you identify your strengths and opportunities to improve this important relationship skill. Then, you can download a report with your results – and you don't have to stop there.

Here are just a few positive traits you can advance with higher EI:

- Resilience
- Communication
- Stress management
- Understanding your own emotions
- Responding effectively to the emotions of others

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Mary Ann Baynton, Director of Strategy and Collaboration with Workplace Strategies, says: “Emotional intelligence and resilience have a huge impact on the quality of your life. Investing time to build these skills pays off in so many ways. You can improve relationships, the ability to deal with stressors and personal life satisfaction.”

Formerly called the EI skills assessment, the new version can be completed online. The Emotional intelligence self-assessment was developed by [Dr. Joti Samra](#), CEO and founder of [MyWorkplaceHealth](#), and sponsored by Workplace Strategies.

Workplace Strategies can help you reach your EI potential with resources and activities available to anyone at no cost.