Weekly assignment

I have selected Daniel Goleman’s “What makes a leader?” The primary argument made by the author is that without emotional intelligence leadership cannot be attained. This reflects that emotional intelligence is as important as IQ. This kind of intelligence is crucial for attaining success in the business world. Emotional strength is important for self-awareness, motivation and self-regulation. Without it, a leader cannot manage his emotions like anger, short temperament and moods that have a negative impact on his work. I agree with Goleman's argument that survival in the business world is not possible without emotional strength and stability. it is important to identify emotional intelligence among potential leaders and connect it to their performance. Competency models are established for determining the emotional intelligence of the leaders. This is also crucial for developing cognitive abilities among individuals and is required in every job. This is also considered as a dominant attribute of outstanding leaders. There is a positive correlation between a company's success and emotional intelligence. This is an important thing required by the employees and leaders to handle conflict situations.

The discussion and viewpoints of Goleman are related to my life because I think emotional intelligence is required in every aspect of life. Emotional intelligence allowed me to build positive moral strength that helped me in dealing with various complex situations. It is crucial for building competency among individuals in professional and academic lives. He mentions, "senior managers have the critical mass of emotional intelligence capabilities, their divisions outperformed yearly earnings goals by 20%". This indicates that managers that manage to build emotional intelligence are more likely to increase yearly earnings for the companies. The concept has a direct relationship with one’s competency of outperforming. I find that this is also linked to my personal life because I developed improved stamina for handling stressful situations. When I am emotionally strong and powerful I am capable of putting more efforts and attaining good results. Compared to that when I am emotionally stressed or lack emotional strength I am unable to complete even the simple tasks. this reflects the importance of emotional intelligence. I experienced this ideology during my studies. I was good at IQ and studied a lot but my stress always undermined my academic performance. I realized that stress created a burden and obstacles my ability to attain good results. By building emotional strength I managed to overcome my stress that improved my academic results.

I learned many things in this course such as the sign of emotional intelligence and its impact on success. The concepts presented by Goleman has significant impacts on my personality because I learned to handle stress and anxiety. I realized that emotionally strong people are better at managing negative feelings that affect their quality of work. I learned through the course that better results in academics or profession cannot be attained without building emotional strength. I also learned that the leaders of the bid companies are also using a combination of emotional intelligence and IQ for obtaining better results. The course allowed me to identify factors that undermine emotional intelligence such as anger, impatience, low tolerance and stress. I learned to manage stress by developing emotional strength. This allowed me to overcome my negative feelings and focus on the positive side. I developed self-awareness that allowed me to understand my goals of career and life. This removed the confusions because I clarified myself about my strengths. Self-regulation, motivation, empathy and social skill are also components of emotional intelligence. I developed these attributes after exploring the role of emotional intelligence.