[Your Name]

[Instructor Name]

[Course Number]

[Date]

Journal Entry

**Emotional Intelligence**

Daniel Goleman believes that when a person puts *self-awareness, self-management,* and *empathy* into a skilled relationship, he/she is called Emotional Intelligent. Self-awareness means to know about one’s own emotions and the motives behind those emotions. Self-management is to manage those emotions in a productive way. Empathy is to understand and share the emotions of others to handle them in a better way. Social skill is the technique to organize these all domains to perform in society productively.

**Self-Reflection**

If an emotionally intelligent person is allocated to a management position, this will prove useful for both the company and the employees as well. Goleman suggests that there should be emotional intelligence departments in all the schools so the students would learn how to perform in the society whether in a governing position or in a subordinate position. My school had not this facility as a distinct discipline albeit my teachers taught me a lot to control myself. This course has helped me a lot to polish my personality through learning emotional intelligence skills. I recognize my emotions and this is rare that I do not know the factor behind my every emotion. Recognition helps me to manage my emotions. A manager should have control over himself/herself if he/she wants to control the others. Emotionally unstable or having radical emotions (whether negative or positive) person cannot run an office. Either he/she would spoil the official business or he/she will be used by any other person. Fortunately, I have a stable personality and I do not behave insane in happiness, sadness, stress, or relief. I generally talk to people with a smiling face and my mental stress scarcely appears on my face. Empathy is the feature that I feel is immature in my personality. I often misperceive people because I solely focus on their words and do not observe their expressions. This weakness of my personality affects even my personal life, and I think it can also affect my work in a negative way. I am working on this aspect of my personality and my course is also teaching me a lot in this regard. Daniel Goleman believes that one’s social skills are incomplete unless self-awareness, self-management, and empathy work harmoniously. I believe that I would be a suitable person for a management position once I become an empathetic person.