

EQ AND YOU

EMOTIONAL INTELLIGENCE TIPS

Having good EQ means a healthier and happier you. It also means you have the ability to make others feel good. And that's what a better world is made of.

HABITS OF PEOPLE WITH GOOD EQ



Use positive language to themselves & others.



Make time for themselves daily to recharge.



Don't sweat failure & allow themselves to learn from mistakes.



Regularly self audit their emotions, thoughts, habits & behaviours.



Take time to learn body language & use it effectively.



Listen well and respond with consciousness.

DAILY TIPS FOR BETTER EQ

1

Listen to Understand, Not to Respond

Focus fully on the speaker. Resist the urge to fix, judge, or interrupt.

2

Start the day positively. Exercise, meditate, use affirmations or gratitude so you set the tone for the rest of the day.

3

Your physiology affects your psychology. So move your body when you feel stuck, demotivated or tired. Dance, jump, stretch, sweep - just move!

4

Write 10 gratitudes at the end of each day. This trains you to look for the positive parts of your life and helps you to adopt a positive mindset.

5

Breathe Before You Speak

Even a 3-second breath can shift you from reactive to reflective, especially if you are

Need a change? Sick of the same negative patterns in life? Feel stuck or unbalanced? Want to create lasting positive shifts? Let's chat about how we can work together. Get in touch: usha@nexustraininggroup.com