

EMOTIONAL INTELLIGENCE

1. As much as 80% of adult 'success' comes from EQ,
2. Being in touch with your authentic self, your strengths and areas for improvement can contribute to an overall sense of self-awareness
3. A lot of the traits that are attributed to a "good leader" aren't ones related to actual IQ or a specific skill set, but rather to how a leader coaches their staff and collaborates with them, delivers feedback and manages stress.

