



K L University

(Koneru Lakshmaiah Education Foundation)

Estd. u/s 3 of UGC Act 1956

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Constituent College KLCE Accredited by NAAC with CGPA 3.76/4.00

Approved by A.I.C.T.E ± Accredited by N.B.A.± ISO 9001-2000 Certified

Academic Staff College

21.11.2016

1-day workshop on “**Emotional Intelligence**” on 21.11.2016 by Dr.Bharat Chagule, Professor of CSS Department was organised by the Academic Staff College for the nominated faculty of the KL University in the Sun Flower Hall, K L University.

The objectives of the workshop

1. To define emotions and Emotional Intelligence (EI)
2. To distinguish emotional intelligence from other forms of intelligences
3. To list the criticality of emotional intelligence in work, life and relationships
4. To raise personal awareness
5. To positively reframe our perspective of people and situations in order to operate and adapt more positively
6. To recover from negative experiences with people and situations quicker
7. To increase awareness of others and social situations
8. To enhance working and personal relationships with others
9. To build a mental mechanism of success in work, life and relationships for the future

Emotional intelligence (EI) is the capability of individuals to recognize their own and other people's **emotions**, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s).

The nine tips for increasing emotional intelligence, and strengthening relationships in the process.

1. Know thyself.
2. Be open to feedback and criticism.
3. Identify your feelings at various points throughout the day.
4. Try to practice mindfulness in all areas of your life.
5. Breathe really, really deeply.
6. Question your stories, even if you believe them.
7. Celebrate your positive emotions (and watch them resurface more as a result).
8. Empathize.
9. Make active-listening your priority during conflicts.



Resource person addressing the participants. The active involvement of the participants