



Empowering Youth: Exploring the Role of Emotional Intelligence Education in Enhancing Self-Awareness and Leadership Skills

Dr. Neeta Kumari, Assistant Professor, English, Apex University, Jaipur - 302020
(Rajasthan), India, neeta.kumari774@gmail.com

Abstract

This research paper delves into the pivotal role of emotional intelligence (EI) education in nurturing self-awareness and leadership capabilities among youth. Through a comprehensive review of existing literature, empirical studies, and case analyses, the paper explores the profound impact of EI training programs in cultivating emotional competencies and empowering young individuals to navigate the intricate landscapes of both social and professional environments. By synthesizing findings from diverse sources, the study underscores the imperative of integrating EI education into youth curricula, highlighting its potential to foster not only personal development but also the acquisition of essential skills requisite for success in leadership roles. The synthesis of empirical evidence and theoretical frameworks offers insights into the practical implications of EI education, illuminating pathways for educators and policymakers to harness the transformative power of emotional intelligence in shaping the trajectory of youth development. Through its interdisciplinary approach, this research contributes to the ongoing dialogue surrounding the significance of EI education in preparing the leaders of tomorrow to thrive in an increasingly complex and interconnected world.

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