

The Role of Emotional Intelligence In Adequate Leadership

Ms. Varsha, Lecturer, S.T.T.C. Muhana, Jaipur

ABSTRACT

Emotional intelligence is our ability to recognize, understand, and regulate our emotions and to respond to those emotions in constructive ways that allow us to communicate better, empathise with others on a deeper level, and overcome challenges in a more positive manner. Emotional intelligence is important in leadership because it improves self-awareness, increases accountability, fosters communication, and builds trusting relationships by helping leaders process their emotions in a more positive way that allows them to address challenges more effectively. It affects how we manage behaviour, navigate social complexities, and make personal decisions that achieve positive results."

This makes it an essential quality for a leader to have if they want to build a trust-based relationship with a team of highly engaged employees who feel valued, motivated, and happier in their roles.

