

## AN INVITATION TO EMOTIONAL INTELLIGENCE

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### ABSTRACT

Emotional Intelligence is a new phenomenon in the field of psychology. It has emerged as one of the important branches of psychology. Whenever there is a talk about EI, there must be a mention of Intelligent Quotient (IQ), of course, without which the whole discussion would become incomplete. EI is quite different from IQ. IQ is something which is constituted in your mind and you cannot change or enhance it whereas EI can be enhanced by following certain strategies. In short IQ is constant, Emotional Intelligence is variable. IQ belongs to mind and its workings whereas emotional intelligence belongs to heart and most of the times, emotional Intelligence is a balancing keeper of both heart and mind. The researcher in this paper tries to explain the intricacies of emotional intelligence such as its important models and measurements; advantages and disadvantages and how high level Emotional Intelligence can bring positive changes in personal life, social life and at work place. This paper also discusses how to recognize, deal with emotions and how to use the negative emotions for the best advantage. These insights into Emotional Intelligence can help the reader understand their emotions. Even though the models are simplified, the researcher of this paper takes care for keeping the essence of the models intact.

**KEYWORDS:** Emotional Intelligence, IQ, Models and Measurements, Advantages and Disadvantages, Tips