

# Emotional Intelligence Case Study Solution

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## Abstracts

The skill by which we have concerned with our physical existence and direct our nervous pressure is closely connected to understand something, have a major influence on our on the whole wellness. Cont... (1500 words of this Report)

## Contents

Importance  
Physical Health  
Mental Well-Being  
Relationships  
Conflict Resolution  
Success  
Leadership  
Two competencies  
Self-awareness  
Self-regulation  
Process of self- reflection  
Three methods while building Emotions Intelligence  
Constructive and destructive behaviors  
Constructive behaviours  
Destructive behaviours  
Direct emotions  
Generally three external stimulus  
3 effects/results of having no knowledge organization of feeling  
Psychological Disorders  
Medical Illnesses  
Behavioral issues  
Two methods of organizing the feelings through constructive behavior  
To deal with disagreement  
Three ways that Asma could demonstrate flexibility in dealing with needs of team members  
How to overcome issues regarding diversity in workplace?  
Two ways of taking into account the emotions of team members  
One way to make emotionally healthy work environment  
Three advantages of expressing emotions in workplace  
References

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