

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a VoiceAmerica Member for Free!



Come Back To Your Senses Radio Archives Available

October 11th 2012:Emotional Intelligence EQ

Emotional intelligence EQ is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others. If you have a high emotional intelligence you are able to recognize your own emotional state, the emotional states of others and engage with people in a way that draws them to you. You can use this understanding of emotions to relate better to

[Read more](#)

[← SHARE](#) [↓ DOWNLOAD PDF](#) [↔ GET CODE](#)

Tune in

Archives Available on VoiceAmerica
Variety Channel

[EPISODE ON DEMAND](#)
[VIEW HOST PAGE](#)

Share This Episode

[f Share On Facebook](#) [t Share On Twitter](#) [in Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps

[Available on the App Store](#) [Get it on Google play](#) [Download for kindle](#) [g+](#) [f](#) [t](#) [in](#) [RSS](#)

PressPass
ALL ACCESS. ALL THE TIME.
Come See what the VoiceAmerica hosts are writing on PRESSPASS