

Emotional Intelligence

The development of emotional intelligence is equally, if not more, important than the cultivation of intellectual intelligence. It focuses on our interactions with others, from the simple contact with the grocer of our neighbourhood to the complex communication with our child, our spouse, our colleagues.

It enables us to coexist in harmony with others and this includes minimising the unnecessary stress that is so often caused by the everyday friction with individuals either from the family or the business environment.

By developing our emotional intelligence we increase self-awareness and we move steadily towards a more harmonious and whole existence since we can enjoy the pleasures of work, family and social life.