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research on E1 and job performance had shown mixed results: a positive relation has been found in some of the studies, while in others there was no relation or an inconsistent one.

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Utilizing Emotional Intelligence in the Workplace Emotional intelligence has to do with one 's ability to both recognise and control their own emotions, while harnessing said emotions appropriately to have the most optimum reaction as Page 11/13

situations dictate. It also has to do with one 's awareness of and d sensitivity towards others' emotions.

The Importance of Emotional Intelligence in Leadership Most of us would think that emotional intelligence may not have to do much with a company 's bottom line, but when you have a great leader who possesses and utilizes effective emotional intelligence, your organization as a whole—ranging from employee satisfaction and engagement to revenue and profits—will greatly benefit.

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