

## Emotional Intelligence for South Africa- the key to success

When it comes to happiness and success in life, emotional intelligence (EQ) matters just as much as intellectual ability (IQ). Emotional intelligence helps you build stronger relationships, succeed at work, and achieve your career and personal goals.

### What is emotional intelligence?

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 high emotional intelligence you are able to recognize your own emotional state and 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 other people, form healthier relationships, achieve greater success at work, and lead a more fulfilling life.

### How to raise your emotional intelligence

All information to the brain comes through our senses, and when this information is overwhelmingly stressful or emotional, instinct will take over and our ability to act will be limited to the flight, fight, or freeze response. Therefore, to have access to the wide range of choices and the ability to make good decisions, we need to be able to bring our emotions into balance at will.

Memory is also strongly linked to emotion. By learning to stay connected to the emotional part of your brain as well as the rational, you'll not only expand your range of choices when it comes to responding to a new event, but you'll also factor emotional memory into your decision-making process. This will help prevent you from continually repeating earlier mistakes.

To improve your emotional intelligence—and your decision-making abilities—you need to understand and manage your emotions. This is accomplished by developing key skills for controlling and managing overwhelming stress and becoming an effective communicator.

**Developing emotional intelligence through a few key skills:**

Emotional intelligence (EQ) is built by reducing stress, remaining focused, and staying connected to yourself and others. You can do this by learning key skills. The first two skills are essential for controlling and managing overwhelming stress and the last three skills greatly improve communication. Each skill builds on the lessons learned in practicing the earlier skills and include:

- The ability to quickly reduce stress in the moment in a variety of settings
- The ability to recognize your emotions and keep them from overwhelming you
- The ability to connect emotionally with others by using nonverbal communication
- The ability to use humor and play to stay connected in challenging situations

The ability to resolve conflicts positively and with confidence

## **How to learn the key skills that build emotional intelligence**

The key skills of emotional intelligence can be learned by anyone, at any time. There is a difference, however, between learning about emotional intelligence and applying that knowledge to your life. Just because you know you *should* do something doesn't mean you will—especially when you become overwhelmed by stress, which can hijack your best intentions.

In order to permanently change behavior in ways that stand up under pressure, you need to learn how to overcome stress in the moment and stress in your relationships by remaining emotionally aware. This means that you can't simply read about emotional intelligence in order to master it. You have to experience and practice the skills in your everyday life.

## **Why is EQ important for the children of South Africa?**

As Daniel Goldman quoted in his research: "IQ will get you through school but EQ will get you through life." This is particularly true for the South African context.

So many children and teenagers in South Africa have less than adequate social skills, suffer from anxiety, are the subjects of bullying and violence, cannot concentrate, have sleeping problems and even show depressive, PTSD (post-traumatic stress disorder) symptoms. Children facing these challenges don't have the opportunity to develop the skills to cope well in life and often don't have role models. They tend to slip into negative behavior patterns, such as crime and violence. Especially in our country, we see an

excessive amount of violent behaviour due to a lack of emotional skills. This often is a result of many parents dying from exposure to HIV and AIDS, divorcing and breaking up the family unit or simply as a result of not having the time and the funds to educate their children. Sadly, another factor is the repetition of learned behavior, as a result of having grown up in violent household themselves. Did you know that the most criminally active generation are the teenagers that are between 12-19 years?

It was the aforementioned factors, as well as the awareness of the dire need for emotional coping skills, that prompted us to formulate the courses. To date, we feel that there are no other similar or sufficient courses available to the children of South Africa.

Children with a high EQ are able to motivate themselves to follow through and achieve their goals. They are able to show empathy in understanding other people's emotions which helps them to relate to others.

This lack of EQ shows itself in problems such as feelings of desperation and aloneness, bullying, drug and physical abuse, violent crime and dropping out of school.

By equipping these children with EQ skills we are teaching them to be better equipped to tackle problems, to build communication skills which in turn helps them to follow rules and understand accountability.

Parents often parent as they were parented, please help us to help these children to become the best citizens and parents that they can become.

We have started a campaign for our EQ Trust to create awareness in SA to get emotional intelligence education into school where kids really need more emotional support.



Warren Duffy (Current SA & Solo Line World Dance Champion and Allstar)  
Corne Krige (Former SA Rugby Captain)  
Lisa Raleigh (TV and radio wellness personality)  
Nedene Cahill (Double Mountain Bike World Champion 2013, 2014)  
Hannele Steyn (Former World Triathlon Champion, Epic Mountain Bike Race Winner)  
Bianca Warren (Proudly SA Label Fashion Designer)  
Delron Buckley (Bafana Bafana player)  
Scott Pitman (CEO Rainbow Chicken)  
Simone Botha (Miss Deaf South Africa 2012)

The courses have been proven to be extremely beneficial and life-changing.

It is our vision to offer the course to as many children as possible in South Africa.

After all, if you have emotional skills you can achieve anything in life.

Please help us transform SA!

[Www.eqtrust.org.za](http://www.eqtrust.org.za),  
<http://youtu.be/JK8QMO0EyG0>

