

# A Seminar Report On Emotional Intelligence

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**Abstract-** This paper represents a novel design and control architecture of the continuous stirred tank reactor (CSTR) based on its mathematical equivalent modeling of the physical system. The plant is formed analytically for the normal operating condition of CSTR. Then the transfer function model is obtained from the process. The analysis is made for the given process for the design of controller with Convolutional PID (trial and error method), Ziegler Nichols method, Fuzzy logic method and Model Reference Adaptive method. The simulation is done using MATLAB software and the output of above four different methods was compared so that the Model Reference Adaptive Controller has given better result. This thesis also compares the various time domain specifications of different controllers.

**Keywords-** CSTR-PID-ZN-Fuzzy-MRAM-MATLAB.

## I. INTRODUCTION

### Emotional intelligence

The term '*Emotional Intelligence*', Emotional intelligence refers to the ability of a person to manage and control the emotions and to have the ability to control the emotions of others as well. In other words we can say as, they can influence the emotions of other people also.

Emotional intelligence is a very important skill in leadership. It has five main elements such as - self-awareness, self-regulation, motivation, empathy, and social skills.

**Self-awareness-** If you are self-aware of what you are going through, you would be in a better position to understand other. It also means you are aware of your strengths and weaknesses. **Self-regulation-** Self-regulation is the next step wherein you think before speaking. It is important aspect where you can regulate yourself. This will impact others in a positive way rather than in negatively.

**Motivation-** When you are motivated to do a series of tasks you will be in a better position to influence other

**Empathy-** When you are able to put yourself in other's shoe and think about a situation, it is known as empathy.

**Social skills-** Social skills are all about communicating your point of view to. They are able to build a rapport with others which makes the relationship more comfortable.

## II. LEARNING OBJECTIVES

- To Recognize & Consciously use the Emotional Data to Create and Maintain Productive and to build Workplace Relationships and Environments
- To Manage Emotional Behaviors that impact Leadership in a Variety of Workplace Situations
- To gain Emotional Insights to understand and implement the change
- Implement Emotionally Intelligent motivational Skills to achieve the Team Results

## III. BENEFITS OF EMOTIONAL INTELLIGENCE

The benefits of emotional intelligence are vast in terms of personal and professional success. It is a core competency in many, it can support the advancement towards academic and professional success, improve relationships, and boost communication skills, and many more...like

- Greater understanding
- Compassion and ethics
- Stronger relationships
- Open to criticisms
- Better decision making
- Controlled behavior
- Positive interactions

## IV. IS EMOTIONAL INTELLIGENCE BETTER THAN IQ?

IQ has limited connections to both work and life success. Snarey&Vaillant suggested it is actually less of a predictor of how well we will do in life than our ability to handle frustration, control emotions, and get along with other people – characteristics not only accounted for but also learnable under current [EI theory](#).

In reality, IQ contributes to around 21% of the factors that determine life success – we all know someone (or perhaps

are that person) who has a high IQ yet struggles to do ‘well’. So what accounts for the other 79 %? Out with factors such as social class and plain old luck, Goleman argued that life success is influenced more by an individual’s ability to engage the 5 aspects of EI detailed above.

In the words of American civil rights activist, Maya Angelou: *“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”*

## V. EMOTIONAL INTELLIGENCE AND SUCCESS CAN BE RELATED?

Much like happiness, ask someone to define success and you will probably get more than one answer. Does your career make you successful? Your intelligence? How much money you have? Finding contentment and happiness? Depending on who you ask, it can be anything!

What is clear is that no matter your definition of success, emotional intelligence can play an important role in achieving .As addressed, it isn’t always the most intelligent people who achieve the greatest success. IQ alone is not enough to excel in life. You can be the most intelligent person in the room, but if you don’t have EI do you have the skills to quieten negative thoughts or the mental fortitude to manage stress? In the workplace, managers who consistently outperform their peers not only have technical knowledge and experience, but more importantly, they utilize the strategies associated with EI to manage conflicts and to reduce the stress. As a result, improve their success. There is evidence that the range of abilities that constitute what is now commonly known as ‘emotional intelligence’ play a key role in determining success – both in one’s personal life and in the workplace

Success within social relationships can be achieved by using EI to detect others’ emotional states, adopt others’ perspectives, enhance the better communication, and regulate behavior.

## VI. EI AFFECTS COMMUNICATION

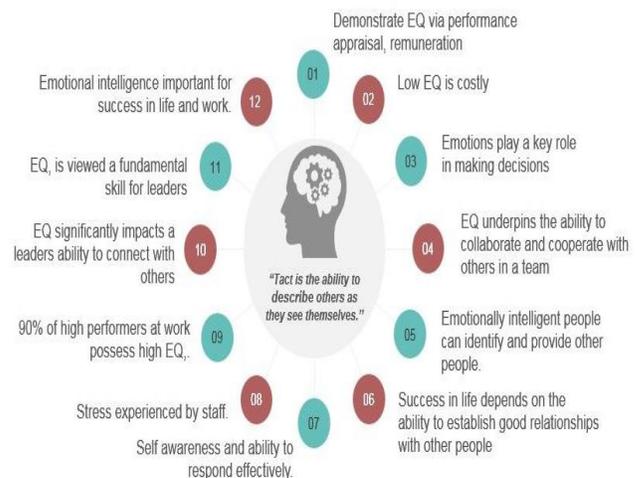
Our ability to be aware of and understand our own emotions can aid our awareness and understanding of the feelings of others. This sensitivity, or lack thereof, impacts our communication capabilities in both personal and work life.If we consider communication in the workplace, and more specifically, conflict resolution in the workplace, individuals with higher emotional intelligence are more likely to approach conflict resolution in a collaborative manner, working together

with others in order to effectively reach a mutually acceptable outcome.

Relationships in the workplace are affected by how we manage our own emotions and our understanding of the emotions of those around us.

The ability to identify, manages, and understands emotions help us communicate without resorting to confrontation. **A person with high EI** is better equipped to manage conflict and build meaningful relationships given their elevated capacity to understand, and therefore address, the needs of those with whom they engage. (Lopez, 2005).

## Emotional Intelligence At Workplace



## VII. CONCLUSION

Emotional Intelligence is very important and the value & benefits of developing EQ are extensive . Emotional intelligence is the gateway to living a more fulfilled and joyful life.

- Emotional intelligence allows you to understand and manage your emotions. In order to self-motivate and to create positive social interaction; it’s the first step in realizing your true potential.
- The value and benefits of EI are vast in terms of personal, academic, and professional success.
- Individuals with higher levels of EI are less likely to succumb to the negative impacts of stressors, while effectively help individuals deal with negative emotions and promote more positive emotions in its place.

- Intellect works best when it's accompanied by high emotional intelligence.
- Utilizing and developing emotional intelligence in the workplace

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