

# My EQ - Emotional Intelligence

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Emotional Intelligence is based on the ability to process, manage and ultimately resolve conflict - at work, at home, at play, and in personal relationships. Sometimes, this ability can be stimulated because someone somehow understands the dangers of failing to address unresolved emotions and deals with them effectively. Unfortunately, this is more the exception rather than the rule.

At other times, the cultivation of this ability suffers from neglect and as a consequence, fears and doubts begin to surface. In their wake, self-confidence often gets shattered. Without realizing how it happened exactly, the game of life becomes a chore and the source of much frustration. In such instances, it is often difficult to know how to get out of the rut.

Fortunately, there are solutions close at hand and there is a proven protocol that is capable of effectively managing the negative repercussions of emotional imbalances. The good news is that you don't have to be a professional behavioural scientist to get the job done but in the same breath, you can learn how to apply what they know and reap the rewards of putting the principles into practice.

The ancient Chinese knew about it and established a reputation. That's why the Art of War is the best selling book on strategy in the world today and the biggest business employs the tactics its author wrote about over two thousand years ago. In fact, another Chinese classic called the I-Ching spelled out the keys to improving not only personal relationships but also the way to achieve success in every aspect of life. We still refer to this gem today and those with particularly stressful jobs might well learn to touch base with its simple wisdom, which is frequently referred to as the philosophy of balance and harmony.

Art of Health Education is a leading provider of seminars, workshops and courses in the field of holistic medicine and philosophy. Geoffrey Wilson is an author, teacher, writer and course program designer who assisted in the development of My EQ.

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