Emotional intelligence

Emotional intelligence is understanding the emotions- yours as well as others. Emotions play a important role in carrying out a work successfully. If these are controlled and directed towards specific aim, the aim can be achieved easily. It provides force to the mind and the body. Definitely, there is a strong link to wave length just as hyperlinked in prayer. Nature has provided different points in our body which help a person in enforcing or withdrawing from a specific processes. Biochemical scientists say,these are important for energizing the mind and body. Emotions depend upon that biochemical glands working in the body. There are different areas in our mind, some are relating to emotions, logic, analysis, reasoning etc. Some of the areas in a person may be well developed but it is not necessary that all have good developed areas. However, they can be developed and refined with steady practices. But it is long process and painful also. Emotional glands energize that area of mind which is related to emotions.

It is important in management because emotions can be used for improving the productivity of a person