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## The Importance of Emotional Intelligence in Leadership

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When it comes to leadership, emotional intelligence has recently gained a lot of attention. We can be certain of one thing: it is a trait that can be assessed and improved. But what is it exactly, and how does it affect the way we think about leadership today? Page Two The ability to identify and regulate one's own emotions, as well as to use those emotions effectively to react in the most effective way possible when circumstances demand it, is known as emotional intelligence. It is also related to one's emotional intelligence and understanding of other people's feelings.

For everybody at any level of an organization, emotional intelligence is therefore crucial, but it also



In the context of leadership, emotional intelligence has emerged as a major talking topic in recent years. It is a trait that can be measured and developed, that much is certain. However, what precisely is it and how does it impact the modern understanding of leadership?

Emotional intelligence pertains to an individual's capacity to identify and manage their own feelings, as well as to use those feelings wisely in order to respond optimally when circumstances demand. It also has to do with how sensitive and aware one is of the feelings of others.

Therefore, emotional intelligence is a crucial quality for individuals at all organizational levels, but it's more crucial for those in leadership roles. An individual's connections, team management, and overall interactions with coworkers can be greatly impacted by a leader's emotional intelligence.