



Concept of Self-Awareness and Emotional Intelligence

Jyoti Bohra, (Lecturer), Sneh TT College, jyotibohra2906@gmail.com

Introduction

In the intricate journey of personal and professional development, the concepts of self-awareness and emotional intelligence (EI) stand out as fundamental pillars. Both are closely intertwined, playing a pivotal role in shaping our understanding of ourselves, our interactions with others, and our overall well-being. This article aims to delve into the nuanced concepts of self-awareness and emotional intelligence, exploring their definitions, components, interconnections, significance, and practical implications in various aspects of life.

