

Emotional Intelligence Awareness Month



*Search for the hidden hearts in the picture...

Painting a clearer picture of healthy mind development.

In today's world, it is easy to recognize that the number one consideration of a civilized society is the quality of human behavior. To paint a more emotionally healthy picture will require that we learn more about our own minds and how they influence quality behavior, especially learning how to better identify, understand and manage our emotions; assessments that define *emotional intelligence*(EI).

Emotional Intelligence Awareness Month 2007 brings attention to the importance of emotional literacy. The book, "Emotional Intelligence: Why It Can Matter More Than IQ", by author/psychologist Daniel Goleman introduced the concept in 1995. He stated that, "Researchers now know that emotional literacy can help prevent and solve myriad problems that we experience in our personal and professional lives."

Learn more by searching for *emotional intelligence* on the Internet and at your local library/book store. Emotional Intelligence Awareness Month is an international effort organized by the Emotional Intelligence Institute (EII), a non-profit organization, www.e-ii.org.

*Searching for the hidden hearts in the picture is similar to searching for ways our emotions inappropriately influence how we think, communicate, and act. Sometimes we have to look more carefully to see clearly. The quantity and locations of hearts intentionally placed by the artist are at e-ii.org, along with our free program designed to enhance your EQ.

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2000 - 2010 named Decade of Behavior by the American Psychological Association.

Please help others become more aware of EI. Copy and share this with those in "Key Positions" and post where legal.