SNEH TEACHERS TRAINING COLLEGE, JAIPUR

"Foster Emotional Intelligence in Youth Through Education" (ICFEIYE-2024) DATE: 15 April 2024



International Advance Journal of Engineering, Science and Management (IAJESM)

Multidisciplinary, Indexed, Double-Blind, Open Access, Peer-Reviewed, Refereed-International Journal, Impact factor (SJIF) = 7.938

Concept of Self-Awareness and Emotional Intelligence

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Introduction

In the intricate journey of personal and professional development, the concepts of selfawareness 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.



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