



The Emotional World

by Vlad Ungureanu

The Emotional World

- **Neurobiology**
- **Genetics**
- **Fundamental Need for Happiness**
- **Life Success Predictor**

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- Emotional Intelligence and especially empathy are genetic traits of an individual
- However while this only gives an "out of the box" enhanced skill there is always room for improvement
- The first 4 years of a human have a huge impact in recognizing and managing emotions
- But the EI can be developed at any point in time (obviously it's harder the older you are)

- Emotions are hard wired in our DNA and as such we need a way to recognize and manage them
- Evaluation how we feel in specific situations dictates how we make decision and set objectives, learn things and maintain relationships
- Controlling our response to emotions can lead to happiness, less stress and worries and a better understand of ourselves
- Knowing what makes us happy is paramount for our existence

- Self Management and Self Awareness
- Ability to empathize and form strong connections
- 90% of top performers have strong EI
- In the US, high EI people earn in average 27K more / year
- EI defines great leaders
- High EI is directly linked to high satisfaction in relationships

THANK YOU!

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