

The Role of Emotional Intelligence in Effective Conflict Management

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Recommended Emotional Intelligence and Self-Awareness Tips

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Conflict is an inevitable part of human interaction, whether it occurs in personal relationships or in the workplace. How we handle these conflicts can greatly impact the outcome and the relationships involved. As an Emotional Intelligence and Self-Awareness expert, I am here to shed some light on the role of emotional intelligence in effective conflict management. So, let's dive in and explore this important topic together!