

# Survival of the Fittest!

Charles Darwin's groundbreaking early research showed that it is the physically fittest who survive. However, more recent research led by Daniel Goleman shows that, in today's society, it is the emotionally fittest who go on to thrive.

Emotional Intelligence can be broken down into 4 types of abilities:

1. Perceiving emotions
2. Using emotions
3. Understanding emotions
4. Managing emotions

From higher levels of personal achievement to stronger relationships, longer lives, increased sales and the ingenuity to solve complex problems, the gains for the emotionally fit can be enormous. How emotionally in shape are you?

Emotional intelligence is a helpful measure of how good you are at recognising feelings (others', as well as your own). The 'Survival of the Fittest' workshop will build on this with practical tools and techniques to make you more emotionally aware and effective.

