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# Strengthening emotional intelligence

Emotional intelligence is key to navigating both personal and professional relationships with clarity and confidence. That is why we are pleased to present this edition of our *Blueprint to Wellness* series: **Understanding Emotional Intelligence**. This toolkit equips you with practical tools to build self-awareness and strengthen your emotional resilience.

**What’s included in this edition:**

* **Practicing emotional intelligence:** a 7-day tracker and reflection
* **Homewood Health Employee Life Line**: *Emotional Intelligence: why it’s important and how to build it*

**Want to learn more? Explore these resources:**

* Podcast: [The Power of Emotional Intelligence](https://open.spotify.com/show/2BjvmG0kC6PTcH9rS9n0Dl) – Hosted by coach Marc Monteil, this weekly show dives into self-awareness, empathy and emotional regulation for both personal and professional growth.
* Video: [Discovering Emotional Intelligence](https://www.youtube.com/watch?v=yOX4uwlXRo0) – A brief overview of the four domains of EI with practical strategies.
* App: [Moodflow](https://moodflow.co/) – Lets you track daily emotions, identify patterns and build emotional resilience through a 28-day habit challenge.

We hope these tools and resources help you deepen your understanding of emotional intelligence and support your continued journey toward wellness.