**Emotional Intelligence Theme: Description and Photo**

While IQ has long been highly valued, intelligence alone is not sufficient for success. Equally important is EQ or emotional intelligence with its focus on self-awareness, self-regulation, motivation, empathy, and social skill. These emotional competencies are not innate, but they can be learned. Through them, thinking and feeling are employed in life-affirming ways that influence all of our interactions.



Painted Eggs, photo by Tengyart on Unsplash