

# The Best of Both Worlds

By Kisha Mehta

If you are intelligent, you will go a long way. Your intelligence is what determines if you are destined to be a success or failure. Or, at least, that's what we have been taught.

We all know what the term "intelligence quotient" refers to. However, many of us are not familiar with the term emotional quotient, a term that has rapidly been gaining prominence. Your emotional quotient is a set of skills that enable us to make our way in this world — the personal and social aspects of overall intelligence, common sense and sensitivity. It has to do with the ability to read environments and have empathy; to be engaging. From assisting in looking after our physical and mental health, through our ability to inspire and lead, always present is emotional intelligence. It's there in our ability to manage effective relationships and acts as our armor when it comes to conflict resolution. It is, in so many ways, the main leader of success.

Emotional intelligence is comprised of four basic ingredients: self-awareness, social awareness, self-management, and relationship management. Effectively utilizing these skills paves the path for many skills such as leadership, empathy, mindfulness, and other critical traits to play a monumental role in transforming your life.

The advice "Go to school, study hard, and get a good job to be happy" is well-known and is often used as a success mantra. These things fit into the intelligence quotient category, and these things will not bring you happiness, and without happiness, you do not have success. Instead, we should promote the mantra "Work hard, be happy, and as a result of happiness, have a successful life". To be happy, mindfulness of your emotional quotient is necessary. When we put our emotional quotient and intelligence quotient together, the results are astounding. As these two things are the main drivers of success, fusing these quotients together is a key driver of success. While our intelligence quotient impacts much of our lives, emotional quotient deals with everything else you will encounter in life. Our emotional quotient impacts if we feel stress; if we can feel empathy for others. It determines all the methods we use to tackle each day. It impacts our self-control and resistance to obstacles. Our emotional quotient can be developed, and we can do so by being mindful of our emotions and the way we choose to react.

Our society values in-born intelligence, and believes that success stems from intelligence. However, we fail to understand that we must balance our intelligence quotient alongside our emotional quotient.

To be successful, we must take the best of both worlds, and merge them to make a person (yourself) that is always ready to grow and evolve. The quote, "You get a job because of your skills, but you get promoted because of your attitude," is absolutely true and centers around your intelligence and emotional quotient. The best of both worlds is your heart and head together.