# The Best Examples of Emotional Intelligence in the Workplace

Emotional intelligence has taken the front seat over the last several years when it comes to determining success in the workplace. Recent studies have shown that people who are high in emotional intelligence tend to be more productive, have higher social skills, and are more successful than their less emotionally intelligent colleagues. It can help tremendously to understand how emotional intelligence manifests itself in the workplace. Here are some of the best examples of emotional intelligence that you should look for at work.

**An Upset Colleague Finds A Compassionate Ear**

Every employee will have a bad day from time to time, and no one is immune from getting upset. How you deal with an angry employee speaks volumes about your emotional intelligence. Compassion and understanding are sure signs of emotional intelligence in practice. When you are aware of and respond to other's emotions, it shows that you have a belief that everyone experiences strong emotions from time to time and that you acknowledge that other’s feelings matter.

**People Can Express Themselves Openly**

When you have a workplace where people are confident about speaking their minds, expressing their emotions, and exchanging views without retribution, you have a workplace that is demonstrating high emotional intelligence. As long as the exchanges are respectful, emotionally intelligent people don’t get upset when other’s opinions don’t match their own.

**Providing Flexibility**

Providing some flexibility with the way people work can mean the difference between retaining the best talent and having high turnover. Emotionally intelligent leaders understand the changing demand and are prepared to work with their employees rather than trying to restrict how people do their work. They don’t expect everybody to work the hours that they do, live by the same values, or hold the same priorities.

**People are Given the Freedom to Be Creative**

Depending on the nature of the organization, there may be a high value placed on creativity. Ideally, you will have a good match between creative people and an innovative organization. Emotionally intelligent workplaces allow people the time, space, and freedom to be creative and march to the beat of their own drum in order to achieve it.

If you are looking to build more emotional intelligence into your team, the best place to start is with these four tools. Creating an emotional intelligence workplace will ensure that your employees are productive and that both them and the company succeed.