

5 Tips for Developing Emotional Intelligence

Developing emotional intelligence can make you a more effective lawyer.

1

SELF-AWARENESS

Are you avoiding a file? Dig deeper for what the reasons might be, and how you can approach the work. Avoiding work on a file may lead to missed deadlines.

2

SELF-REGULATION

Before sending a heated response to opposing counsel, pause and reflect on whether such a response would be productive.

3

EMPATHY

Actively listening without making assumptions or judgments can help you better understand your clients concerns and provide tailored solutions.

4

SELF-MOTIVATION

Focusing on gratitude and positivity improves overall health and well-being, which is beneficial for you and your clients.

5

RELATIONSHIPS

Communicating with clients with transparency and empathy helps set expectations, leading to fewer disappointments/misunderstanding.

Take a look at some resources available for free from the [Member Assistance Program](#) such as eCourses on resilience, responsible optimism, resolving conflict, and taking control of your mood.