

Emotional Intelligence

Emotional Intelligence refers to our ability to know, and manage our own emotions both in our relationship with our self and with others. The concept originated from a realization that people with high IQ may not necessarily be able to productively connect, work or interact with others.

People who have cultivated their Emotional Intelligence are generally better able to deal with their own internal problems and as well as conflict with others. What do the Baha'i

Writings and other spiritual traditions have to say about cultivating emotional intelligence through spiritual means? How can the virtues of detachment, discernment, and wisdom be developed and practiced on a daily level?

Desserts / Discussion

Date: Friday Apr. 7, 2006

Time: 7pm

Place:

Sidney-Pacific Graduate Residence (Seminar Room)
70 Pacific St., Cambridge, MA



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Professor Ashraf received her Ph.D. in Economics from Harvard University in 2005, and her BA in Economics and International Relations from Stanford University. She is the youngest person ever to receive the Order of British Columbia – the highest civilian honor conferred by the Province of British Columbia, Canada.

