

## **Digest Eleven – October 2025**

### **Theme: Emotional Intelligence**

Using Emotional Intelligence to Strengthen Professional Relationships

#### **Cohort Discussion:**

Emotional intelligence (EI) plays a critical role in fostering deeper connections and more productive outcomes for professional relationships. When integrated into a mentorship framework, it helps build trust, improves communication, and creates a psychologically safe space for growth.

We encourage you to consider taking an Emotional Intelligence test to understand how you can better engage, recognize, and manage emotions in professional relationships. This can help you gain insight into self-perception, self-expression, and decision-making and develop strategies to build strengths which can help foster professional relationships.

Click the link titled, [The Emotional Intelligence Test](#) to get started. After taking the test and reviewing your results, consider the questions below. This is not a scientifically validated or diagnostic tool. This instrument is being used to facilitate the discussion.

#### **Cohort Activity:**

In a cohort meeting, spend time thinking about these questions and discuss as a group.

- Are there particular thoughts or ideas that preoccupy you when meeting with a colleague or supervisor? Do these thoughts create a stressor in your relationships? Ask yourself why you feel such pressure (is it related to feeling judged, for example?).
- How observant are you of your colleagues' feelings?  
Do you pay attention to their facial expressions, body language, use of words, and their concerns about available time? Do you feel that paying attention to these cues diffuses conflict?
- Recall your feelings when in conversation or meetings. What were the triggers for any positive or negative exchanges? How did your feelings influence your interactions? If you had negative associations that influenced your interaction, what can you do differently next time? What positive experiences could you create next time?