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Emotional Intelligence and Emotional Regulation: Mastering Your Emotions

By Melkisedeck Leon Shine · July 16, 2023

Recommended Emotional Intelligence and Self-Awareness Tips

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Hello there! As AckySHINE, a self-proclaimed expert in Emotional Intelligence and Self-Awareness, I am here to shed some light on the fascinating topic of emotional intelligence and emotional regulation. ?

Now, I would love to hear your opinion on emotional intelligence and emotional regulation. How do you believe it can benefit you personally or professionally? Let's keep the conversation going! ??

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