



Building Emotional Intelligence (EI) and The Art and Science of Emotional Brilliance

Date: 15 March 2024

Organized by: MUN Club in collaboration with Chetna Society, K.R. Mangalam University

Resource Person: Ms. Sonal Goel, IAS, Secretary, Tripura Government

Venue: K.R. Mangalam University, Gurugram

On 15 March 2024, K.R. Mangalam University hosted an engaging and thought-provoking expert session titled *“Building Emotional Intelligence (EI) and The Art and Science of Emotional Brilliance”*, organized by the MUN Club in collaboration with the Chetna Society. The session was designed to enhance the emotional and interpersonal competencies of the university staff by deepening their understanding of Emotional Intelligence (EI) and its practical implications in professional and personal spheres.

The resource person for the event was Ms. Sonal Goel, IAS, Secretary from the Tripura Government, who is widely recognized for her inspiring leadership and commitment to social development. Through her insightful talk, Ms. Goel shared valuable experiences from her administrative journey, illustrating how emotional intelligence plays a crucial role in effective leadership, decision-making, and personal well-being.

The primary objective of the session was to enable participants to recognize, understand, and manage their emotions constructively while developing empathy and stronger interpersonal relationships within the workplace. Ms. Goel emphasized the five key components of Emotional Intelligence — self-awareness, self-regulation, motivation, empathy, and social skills — and discussed how cultivating these attributes leads to better communication, conflict resolution, and emotional balance.

The session combined experiential learning and reflective exercises, allowing participants to engage in self-assessment and interactive discussions. Ms. Goel

highlighted the importance of journaling as a practical tool for self-reflection and emotional regulation. She also elaborated on how emotional brilliance — the ability to respond thoughtfully rather than react impulsively — can be developed through mindfulness, active listening, and consistent self-improvement practices.

Throughout the session, participants actively engaged in discussions, sharing their experiences and personal challenges related to managing workplace emotions. The interactive nature of the workshop created an open and encouraging environment where participants could express their perspectives freely.

The session not only helped participants understand the science behind emotional intelligence but also provided actionable strategies for applying EI in leadership, teaching, and teamwork. Ms. Goel's real-life examples from administrative service resonated deeply with the audience, demonstrating how emotional strength and compassion can coexist with professional excellence.

The event concluded with a heartfelt vote of thanks delivered by Mr. Anurag Sharma, a member of the MUN Club, who expressed gratitude to Ms. Sonal Goel for her inspiring and insightful session, and to all participants for their enthusiastic involvement.

Overall, the session proved to be highly impactful and motivational, leaving the participants inspired to practice emotional awareness, resilience, and empathy in their professional and personal lives. It successfully reinforced the message that emotional intelligence is not just a skill but a vital strength that shapes effective leadership, enhances workplace harmony, and fosters overall well-being.

Overall, the workshop successfully fulfilled its objective of raising awareness about expressive art therapy and promoting mental wellness among staff. It served as a gentle reminder that creativity, mindfulness, and emotional expression are vital for maintaining balance and harmony in today's fast-paced academic environment.



Picture 1: Expert is interacting with the audience