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RAJAGIRI COLLEGE OF MANAGEMENT &
APPLIED SCIENCES



**“EMOTIONALLY
INTELLIGENT?”**



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**MASTERING
WORK- LIFE HARMONY
WITH EMOTIONAL INTELLIGENCE**

DR. INDU G KRISHNAN

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ABOUT THE AUTHOR

DR. INDU G KRISHNAN

Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad Kochi, Kerala

Dr. Indu G Krishnan holds a Doctor of Philosophy (PhD) where her doctoral research focused on Emotional Intelligence and Work Life Balance. As an accomplished academician, Dr. Indu G Krishnan has a distinguished teaching career spanning over eight years at Rajagiri College of Management and Applied Sciences, Kakkanad, Ernakulam. Her scholarly work has been published in prestigious journals, conferences, and books. She believes in the transformative power of education and research to address complex challenges and shape a brighter future.

ABOUT THE BOOK

In "Emotionally Intelligent? Mastering Work-Life Harmony with Emotional Intelligence," readers will embark on a transformative journey to understand, apply, and master the principles of emotional intelligence for a harmonious and fulfilling work-life integration. This comprehensive guide offers actionable strategies, real-world examples, and expert insights to help individuals thrive in their careers while maintaining a balanced and enriching personal life.

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