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Abstract

Clinical psychology is of paramount importance in elucidating, evaluating, and boosting the two critical dimensions of emotional intelligence (EI) and resilience among the many people who contend with various psychological distresses. This research paper tries to discuss the complex issue of emotional intelligence (EI) and tolerance with a special focus on high stress environments. While the impact of emotional intelligence and resilience individually have been supported by existing literature, the interaction of these two factors, especially in circumstances where individuals are exposed to major life disruptions or extreme stress, still require further exploration. Through the application of mixed methods approach, combining the quantitative data of EI and resilience level as well as qualitative interviews, this research attempts to discover which factors underlie the EI and resilience interconnections. The research findings should not only strengthen the existing theories but also offer credible practical recommendations on how to boost resilience-building initiatives in both public and private setups. In fact, emotional intelligence and resilience are non-separable resources in life's rollercoaster, success on both personal and professional scale and, on top of this, well-being in general. Through appreciation of the relevance of each component and their complementary nature, individuals can interpret and practice these qualities competently and thus thrive in current complex and rapid-changing world.

Keywords: Psychology, Emotional Intelligence, resilience, Clinical Psychology

1. Introduction

Clinical psychology includes assessing and providing mental health disorders treatment, promoting psychological health, and improving people's cognition and behavior. Therefore, many of the specialists use research-validated procedures and therapies and psychological methods to address emotional and behavioral disorders as well as to enhance quality of patients life.

Personal life is full of stressors of different origin related to personal relations to professional career and shouldering all of them is not easy task. When people are caught up in these disturbances, their reactions explicitly hinge on their level of emotional intelligence (EI) and resiliency. EI, which can be explained as the ability to identify, grasp and regulate one's own feelings and also perceiving and moderating others' emotions, highly correlates with stronger coping strategies and better overall levels of well-being. Analogously, resilience, which is what helps you cope with the negative effects of stressful situations by just bouncing back on them then overcoming them, will very much help to smoothen the rough sides of pressure and stress. Besides EI and resilience they are two constructs that have been studied very much separately (especially in healthcare, military and emergency services that have high-stress environments). It is relevant that EI contributes to resilience and also the other way round becomes the basis for future research into appropriate measures to position individuals for success when they face exponential pressure.

In addition, the emotional intelligence is critical for clinical psychology due to its power over such human factors as: emotions control, stress management, and suitable relations with people. Concerning such services, therapists normally perform interventions designed to raise clients' emotional intelligence complexity, comprising emotion management techniques, mindfulness methods, and social skills teaching, which is intended to enhance clients' emotional well-being and psychological endurance.

Resilience is not only key focus in clinical psychology but also it represents a person's capability of to bounce back from adversity mentally, experiencing a trauma and adapting to difficult life situations healthily (positively). In couples and family therapy options such as cognitive behavioral therapy, narrative therapy & resilience training and stress management are all utilized for building resiliency with family members. Through the work of clinical psychologists one gets a chance to become more resilient by building the strong inner resources such as positivity, optimism, and the ability to overcome the challenging moments in life.

Along these lines, clinical psychologists will evaluate emotional intelligence and resilience factors as part of the diagnostic assessment process to craft individualized treatment plans reflecting clients' strengths, emotional weaknesses, and treatment needs. The recovering process in the clinical psychology quite often touches upon these components of human mental health and existence: emotional intelligence and resilience. The main role of a therapist is to teach clients to become more aware of their emotions, to understand them, to let go of them, to find healthy ways to cope with their stressors, and to build resilience that will help them navigate the challenges of life. Clinical psychologists seek to expostulate anticipatory approaches which would boost their intelligence and coping with mental health issues or face the reality of profound life-related stressors. This would be done through psychoeducation, building resilience programs and community interventions developed for enhancing their individual psychological resources and coping skills.

In conclusion, clinical psychology helps to unravel the mystery of the mind, determining causes, and aiding treatment that builds the awareness and ability of people seeking psychological counseling. The application of these concepts into clinical practice provides counselors with the means to help their clients get to a higher stage in their emotional well-being, successfully cope with hard times, and reach their full potential in their life.

1.1. Significance of Research

The main achievement of this paper is its value for psychology, organisational behavior, and professional development as both its theoretical and practical aspects are represented. This research paper attempts to respond to the missing point by examining

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the association of emotional intelligence and stamina in areas of high stress. In this way, the present literature is enriched with the studies which indicate the interplay of three concepts. More to this, the exposition explores the pathways or mechanisms through which emotional intelligence leads to resilience and resilience does to emotional intelligence; thus understanding the mechanisms through which individuals are able to persist and thrive during times of hardships. Lastly, this research paper further contributes to the existing theory by presenting statistical data to improve and supports the models which are connected to emotional intelligence, hardiness and the stress management among the professionals. In addition, the research paper outlines practical suggestions for shaping a strategic plan that will be beneficial in designing and delivering specific interventions that will be aimed at the cultivation of emotional intelligence and resilience among employees who come across large-scale stressors. It does this so that there is a healthy and more productive workplace. The study addresses an extra target or objective: the betterment of the society at large by giving individuals the required ability to survive adversities and become resilient as both human beings and professionals.

Eventually, this research paper contributes to the comprehension of the subject, and it can as well be a great asset in the identification of practical solution and the improvement of the psychological resilience and wellness of individuals working under high-stress environments.

1.2. Research Questions

- What is the relationship between emotional intelligence and resilience when dealing with high-stress situations?
- How emotional intelligence as well as personality traits and demographic variables will affect resilience?
- Do emotional intelligence contribute to resilience and resilience to emotional intelligence in individuals experiencing critical stresses through what mechanisms?

1.3. Objectives of Research

- To look into the relationship between emotional intelligence and resilience exhibited by individuals in stressful work settings.
- To examine whether individual differences in traits like persona and demographic factors influence the link between emotional intelligence and resilience.
- It is instrumental to recognize the mediating mechanisms between emotional intelligence and resilience and vice versa, that is coping strategies and social support.

2. Literature Review

The discipline of clinical psychology is integral to better understanding and tackling different psychological problems, especially that of emotional intelligence (EI) and resilience. The purpose of this literature review is to research the existing interplay between the clinical psychology, emotional intelligence and resilience, and how these factors positively contribute to psychological well-being. Emotional intelligence, which refers to the ability to sense, understand and manage emotions competently, is a paramount concept in clinical psychology where it has linked with resilience and good mental health (Mayer et al., 2016). Studies have shown that those who are more emotionally intelligent tend to possess better coping strategies, social communication skills, and well-being status (Brackett & Salovey, 2006). In addition to this, clinical psychologists employ various kinds of assessments and therapeutic techniques to develop emotional intelligence characteristics in people experiencing psychological distress or disfunction. Such interventions commonly seek to enhance emotional awareness and emotion regulation strategies as well as develop social skills that culminate in increased effectiveness in clients (Brackett & Rivers, 2014). Resilience is another important construct in the clinical psychology field. It stands for the ability of a person to recover from difficulties and to maintain good mental health. It is evident that researches indicate the role of emotions smartness in strengthening resilience because people with higher emotional intelligence usually show more adaptability as well as coping resources when they face stressors (Salovey & Mayer, 1990). Thereby, the connection between emotional intelligence and resilience confirms the need for emotional intelligence trainings to be incorporated into resilience-building interventions within clinical psychology settings (Brackett et al., 2011). Clinical psychologists empower the individuals with knowledge of good emotional regulation so that they can be more resilient and have better psychological capability.

As in case of many clinical psychology techniques CBT integration and positive psychology principles in particular are useful to develop the subject's emotional intelligence in combination with enhanced resilience (Sinclair et al., 2016). This type of therapy involves teaching adaptive coping strategies, cognitive restructuring techniques, and mindfulness practices that are intended to build resilience by promoting emotional regulation and eliciting positive emotional reactions (Hollon et al., 2014). Moreover, it is concluded that people with high emotional intelligence more likely are those that are better at handling stress and managing their interpersonal connections and psychological health (Alegre et al., 2019). The clinical psychologists help individuals connect their emotional feelings and deal with problems through empathy. This ranges from coping strategies and interpersonal skills to ultimately becoming more resilient during their day-to-day lives (Brackett et al., 2019). Besides, the combination of emotional intelligence, and resilience training along within clinical psychology setting indicates the potential treatment for different types mental health problems such as anxiety, depression, trauma, and substance abuse (Davis & Humphrey, 2014). It should be noted that such interventions are not single-focused in the sense of treating the symptoms since they also promote psychological growth and welfare.

Recent developments in the researching of psychology have also revealed that considering the culture and context of the society is paramount for the clinical practice and this is relevant when trying to enhance emotional intelligence and resilience (Cheng et al., 2020). Culturally knowledge therapies means to that try to find diagnoses that are rooted in recognizing people differences in emotion expression as well as coping styles are necessary to establish resilience and mental wellness among the members of different races.

Recent inquiries have explored the physiological aspects that link emotionality, resistance, and psychological well-being, revealing the complicated interplay among these domains while in the clinical psychology field. Many researchers have defined determining parts of emotional intelligence, including the emotional regulatory skills and empathy, as the indicators of resilience and mental health (Fernández-Berrocal et al., 2019).

Some individuals are better equipped in terms of self-regulation of emotions and understanding other people's feelings. They are more likely to see themselves as adaptable and strong even in the face of adversity. Also the longitudinal research shows that emotional IQ interfere with the development of psychopathology and serves as a protective factor against it, which helps in reducing the stress negative effects. A set of clinical interventions designed to promote emotional intelligence skills have been shown to possess great potential abilities in preventing development of anxiety, depression, and posttraumatic stress disorder symptoms (PTSD) (Davis et al., 2018).

Along with personal level factors, the role of social support and interpersonal relationships has also been given consideration in order to develop resilience as has been evidenced in the literature (Southwick et al., 2014). Emotional intelligence facilitates the development of people, so they understand social interactions perfectly and form meaningful relationships. It also enables them to find support during life's difficulties, thus improving the strength and ability of the psyche. And lastly, neuroscientific research which have described neural correlates related to emotional intelligence and resilience has underscored the implied plasticity of the brain under psychotherapeutic treatment, with this observation having been reported by Rosenkrance et al (2016). Experts in clinical psychology are guided by this neurobiological knowledge in order to custom-design the interventions that directly influence those brain areas linked to the regulation of emotions and resilience, scarring the behavior/emotional functioning modification.

In essence, clinical psychology is a vital part of the process of gaining deeper understanding and evaluation of the emotional intelligence and the ability to bounce back from challenges. Psychologists can help people to tackle life's complexities better by giving emotional intelligence training as part of their psychological interventions. This will likely to help these individuals cultivate their psychological well-being.

3. Research Methodology

Clinical psychology is of vital importance in the raising of awareness and coping with these emotions in high-stress environments. In this study a mixed-methods approach is applied so that the relations between Emotional Intelligence (EI) and resilience in high-stress conditions can be investigated equally well. The employment of both rating scales and unstructured conversations is beneficial for multidimensional consideration on the dynamic between EI and resilience. Numerous data is quantified using statistics such as correlation analysis and regression modeling so as to understand and to determine the strength as well as the nature of the relationship between EI and resilience. Regression analysis controls for individual differences and the moderation of demographics and personality traits. Qualitative data is thematically analyzed to extract main themes, strength, and weaknesses that eventually explains the causes as well as the consequences of emotional intelligence on an individual's resilience. Such a qualitative approach gives exact details about the intricacies in high-performance environments and their laws. Qualitative and Quantitative findings are intergrated to provide a fuller interpretation of that rating. The triangulation of different data points fosters the validity and reliability of the results of the study. The mechanism by which emotional intelligence and resilience are connected is the main goal of this stringent mixed-methods strategy. This study intends to share the results with the theory formation as well as practical steps of interventions in the professions which cause extreme stress.

The integration of clinical psychology, emotional intelligence, and resilience, overall, gives high-stress environment participants the framework to survive their difficulties, to grow in resiliency, and to maintain the psychological health and happiness of themselves.

4. Discussion & Analysis

Clinical psychology is an inseparable part of the totality of mental health that involves studying conditions, detecting diseases and helping those who suffer from psychological problems. It makes people with problems such as psychological issues to relieve of them, to keep up their mental health, and to improve quality of life. Affection (EI) and resilience have strong connection with clinical psychology. EI means that one has to possess the capability to detect, comprehend and control emotions or moods appropriately so that such aspects can be maintained in an individual. Projecting the potential clients, clinical psychologists frequently teach them on the development of the emotional intelligence which in turn they can make through the use of in problematic situations and also improve mental health indicators. But in this case, resilience is the same thing as being capable to just keep going despite all the adversities, and facing the lifes challenges squarely. Clinical psychologist treatment effort is not limited to helping individuals overcome stressors that life unfolds, but they also foster resilience development in their patients by using different therapeutic approach like CBT and mindfulness practices. Highlights like that of resilience building will help prevent mental health problems incidences from happening and also lead to better well-being.

Simply put, clinical psychology is a key player in the improvement of emotional intelligence and resilience, two vital aspects of a good mental health. Everyone should learn to cope with life's highs and lows.

4.1. Nature of the Relationship between Emotional Intelligence and Resilience

Emotional intelligence and resilience are two sides of the same coin in a high-stress environment. Persons with a high level of emotional intelligence frequently have the necessary tools to cope with their own feelings and those of others and this helps them adapt to unfavorable situations. Through an efficient management of their emotions, they are better able to confront difficult situations and hence build up their resilience.

It is in the Pakistani contexts where people oftentimes encounter challenges of various socio economic, political, and environmental nature that this relationship between emotional intelligence (EI) and high resilience becomes particularly significant.

Understanding Emotions: EI requires us to identify and understand our own feelings as well as those of the others. To illustrate, assume a manager who works in a local Pakistani company is dealing with a critical project. If a manager has a good insight into the stress and what team members are passing through, then they will be better positioned to support and encourage them, thus strengthening the resilience of the team.

Emotion Regulation: Another aspect of EI is emotion regulation. In Pakistan where blackouts and other infrastructure problems often disinhibit work and everyday life, frustration management and attention maintenance are crucial for individuals. For example, an entrepreneur whose business is impacted by such problems needs to regulate their emotions to remain resilient, have an adaptable strategy, and motivate their team.

Empathy and Social Skills: Empathy one of the attributes of EI places an individual in a position to appreciate things from the other persons view and can establish cordial relationships. In Pakistan, social support system is vital to the communities seeking to cope with the stress factors. A person who is emotionally intelligent will be able to offer a kind and compassionate ear to friends, family or colleagues to alleviate their worries. This resilience will be like a web holding everyone.

Problem-Solving and Adaptability: Resistance is the key feature of the resilience and is built on the ability to solve problems and adapt in the face of difficulties. EI gives individuals a mind that is open and ready to meet any obstacle attempts with solutions that can last. For example, imagine that a Pakistani student is looking to excel in national or even international exams. Students enduring with high EI can take on and acknowledge stress and can stay focused and when needed can adjust their strategies of studying which further enhances resilience, in this way.

Cultural Sensitivity: Cultural intelligence, the other part of that iceberg, which is also very vital in countries like Pakistan that are multi cultural. Aware of and honoring cultural customs as well as norms and values can probably generate better relationships and teamwork that contribute to the strength of the community. To illustrate, a humanitarian aid worker based in Pakistan who practices cultural sensitivity can build trust and rapport with the local people, which in turn may result in the implementation of effective disaster response processes and disaster recovery.

In sum, emotional intelligence in Pakistani contexts may be of great usefulness for developing resilience against different kinds of hardships due to the fact that this quality allows one to have understanding of emotions, to manage them well, and to take power over them; also it helps to establish strong social ties, to render challenges bearable and to deal with cultural specificities.

4.2. Individual Differences, such as personality traits and demographic factors, Influence the Relationship between Emotional Intelligence and Resilience

Individuals' distinctness, including features such as personality traits, demographic characteristics, and cultural differences, affect the manner in which they process and assimilate emotions, exerting an impact on their capacity to deal with challenging experiences. Realizing this peculiarities are imperative for a tailored strategies that enable emotional intelligence and resilience to be promoted in diverse populations in a browsed manner.

In Pakistani contexts, individual differences, including personality traits and demographic factors, play a significant role in shaping how emotional intelligence (EI) interacts with resilience: In Pakistani contexts, individual differences, including personality traits and demographic factors, play a significant role in shaping how emotional intelligence (EI) interacts with resilience:

4.2.1. Personality Traits

Extraversion: While in Pakistan, people who are generally extravertized are said to look for comfort in their friends more frequently compared to individuals with other personality traits during the difficult times. For instance, an individual that has a strong social character may try to open up to their colleagues concerning the workplace problems and the latter will then encourage them, building their resilience.

Conscientiousness: The attributes of hard-working, punctual and organized are considered the hallmarks of high conscientiousness in Pakistani individuals and they may manifest as high self-control and steadfastness in overcoming hurdles. A case in which a responsible student willing to appear for the university's admission revel in a close schedule of study despite any other form of distractions can be provided as an example to demonstrate his ability to be resilient.

Neuroticism: This can result in people with higher level of neuroticism being unable to manage stressors properly and be more emotionally reactive. For instance, a pakistani person with psychological issues associated with his financial strains is likely to have a problem managing his feelings, by this he is overtaken by the fear panic and depression altogether.

Optimism: In Pakistan, the optimistic people share attitude here which is positive and they also believe in the ability to manage things even if they are too hard. A prime example could be when an optimistic businessman who faces difficulties in carrying out their venture may consider setbacks as less complicated challenges rather impossible problems which maintains their resilience and zeal to keep going.

Self-Efficacy: In Pakistan the people having high level of self-efficacy may feel confidence in performing their assignments even in difficult situation. To clarify, a community leader that is spearheading a disaster relief mission may adopt self-efficacy to solicit resources and mobilize support that in return, powers resilience and coping-up in face of crisis.

4.2.2. Demographic Factors

Age: The older generation of Pakistan, mainly rendering their own life experience, may become more resilient by going through the challenges of the society or the economy, e.g. political instability or economic downturns. Say, for instance, an elderly community member would stand as a guide and tutor to the youth, a process that plays a crucial role in building resilient communities and giving the older among us a sense of purpose.

Gender: Gender norms and roles in Pakistan shape emotions's style of showing and taking care of itself. Illustratively one can take the case of men although they are expected to conform to traditional masculinity these cultural notions hinder expressing of emotions and problem solving which at times lead to poor resilience. When it comes to the other tackle, women, though they are greatly affected by social boundaries might employ the networks of social and communal support in the effort to build a more resistant personality in a time of hardships.

Socioeconomic Status (SES): Disparities in the levels of social advancement provide support basis for the availability of resources and the capacity to cope with stressful conditions. As case in point, people from a low SES group in Pakistan normally face greater financial pressure and insufficient healthcare facilities and educational chances anybody would have, these can in turn influence one's resilience. On the opposite side, individuals coming from high SES backgrounds might be in

more secure financial condition and have more social capital which in turn would help them cope with the difficult situation better and build up resilience through activities.

Concisely, personality traits and demographic variables as difference makers relative to emotional intelligence play significant roles on resilience variability in Pakistani contexts. Appreciating Of these differentials will inform selective interventions and supportive mechanisms to optimize Emotional intelligence and Strength among different groups in Pakistan.

4.3. Underlying Mechanisms through which Emotional Intelligence impacts Resilience, and Vice Versa

The interplay between emotional intelligence and resilience is continuous and reciprocal in nature, as the efforts to manage emotions, the employs of adaptive coping mechanisms, social support systems, and the cultivation of a positive outlook reinforce and shape each other in return.

In Pakistan, this relationship between Emotional Intelligence (EI) and resistance is somewhat elevated because of the diverse situations people are facing, from socio-economical, political and natural disaster challenges. Here's a comprehensive explanation with practical examples: Here's a comprehensive explanation with practical examples:

4.3.1. The foundational Mechanisms of Emotional Intelligence Help in the Fourfold Effect on Resilience

Emotion Regulation: In Pakistan where one may experience power outages as a phenomenon that is repeatedly common and thereby have an influence on their daily life, those with high EI can manage their anger and still remain calm. To illustrate, a business operator suffering losses caused by the power outages may practice a number of emotion regulation methods such as setting their focus, planning, and handling the setbacks despite the adversities they face.

Adaptive Coping Strategies: Subsequently, high employed individuals after a natural disaster (e.g. flood or earthquake) in Pakistan can invent coping strategies which would enable them to bounce back. For example, by coordinating relief supply, collating resources, or by ensuring there is emotional support for the people who were impacted, the community members showcase their resilience and convincend problem-solving ability.

Social Support and Interpersonal Relationships: In Paksitanis community where social networks are key for people to regulate their cope a stressful condition, people with high EQ do well in developing and sustaining supportive relations. One way how students can withstand academic pressure and develop emotional resilience is by looking up to friends or family members for support and guidance. Through sharing thoughts and emotions, the students are now able to endure the pressure from the academic world.

Cognitive Flexibility and Problem-Solving: Being providence in Pakistan subjects decision makers to political uncertainty and individuals with high EI display problem-solving abilities and adaptability. In particular, a journalist who has to deal with censorship might deploy such problem-solving abilities which are aimed at ensuring that the needed information is disseminated well, an act that doubles up as a sign of resilience even in the face of such roadblocks.

Optimism and Positive Outlook: Though Pakistan faces economic troubles, people with HI interpret the matters easily and keep up with enthusiasm and persistence. For example, an entrepreneur who faces market fluctuations may consider her problems to be soon solved by others' interests and a small failure or an obstacle, which finally will lead to the success of the business strategy after all.

4.3.2. Impact of Resilience on Emotional Intelligence

Enhanced Emotional Regulation: This way, resilient people in Pakistan developed the capacity of effective emotional control because of overcoming difficult life experiences. One of the personal growth aspects that could be manifested in such cases is a healthcare worker's ability to withstand the strain and emotional upheavals of exposure to prolonged health crises while still retaining emotional intelligence.

Increased Self-Awareness and Self-Reflection: In the Pakistan political reality, people who have gone out of their way to managing great challenges in their lives will be able to carry highself-esteem and self-understanding. For example, somebody may undergo personal reflection after a natural disaster and thereby develop a new understanding of their emotions and coping mechanism; thanks for this, their emotional intelligence would increase.

Social Support and Interpersonal Skills: Withstanding the adversities in Pakistan, men build their interpersonal capacity, thus becoming capable of adapting to the challenges life unfolds. Say, that has has lead an effective team of volunteer disaster relief, the leader will become better at communication, show more empathy skills and gain an emotional intelligence that could be applied to community building and relationship maintenance.

Adaptive Coping Strategies: Resilient encounters of Pakistan's individuals make them adopt better coping strategies as well as they develop adaptive strategies. An example of such situation can be a student who has conquered academic difficulties and that comes with the ability to be resilient through, using effective study techniques, seeking student support in academic affairs, and managing stress, strengthening the student's emotional intelligence in dealing with academic stress.

As can be seen, in the Pakistani context, both emotional intelligence and resilience tend to cross in different ways that encompass, emotional regulation, wise coping strategies, social support, and / or cognitive flexibility Here we gain better insight on how Albert Einstein among other such intellectuals largely based their very careers on imagination and creativity.

5. Conclusion

To wrap it up, this paper has thoroughly examined the influence of emotional intelligence (EI) on resilience, specifically people in highly distressing conditions. The use of a mixed-methods approach for our assessments that involves both quantitative and qualitative elements enabled us to obtain profound data about the link between stress resilience, cognitive flexibility, and inner strength in the process of developing the ability to overcome obstacles in life and in the face of pressure.

The results of our study have pointed out the crucial role of emotional intelligence as a key skill complementing resilience-building. People with high EI are capable of more self-reflection, emotional control, social awareness and relationship building, and all these skills helps them to deal with stress, keep positive attitude and bounce back form failures. On the other hand, resilience plays a pivotal role in emotional intelligence as it reveals the strength to deal with and bounce back from difficulties, learn through the experience, and grow stronger in time. In addition, the research process has highlighted the complexity of the context majoring emotional intelligence and resilience in situations with a high-stress load such as

healthcare, military, and emergency services. Being endowed with a high level of integrity to succeed in this career is a must. They face different situations that require them to be emotionally intelligent and resilient people. Identifying the actual mechanisms in which emotional intelligence affects resilience in those settings will enable the design of interventions and the provision of support systems to promote wellness and superior performance of the professionals. Despite the contribution of our study, it still has some weaknesses. The cross-sectional design, the dependency of self-report measures, and the homogenous sample are among the limitations that may affect the generality and the depth of our findings. The future research needs to overcome these limitations using longitudinal designs, objective measures of emotional intelligence and resilience as well as mixed results to catch all of points of view and experiences. In the end, this research enriches both theoretical comprehensions and practical implication to mentally healthy, well-being, and resilience in high pressuring workplaces. Through understanding the close bond between emotional intelligence and resilience as well as having action oriented interventions and support systems based on this knowledge, we can equip people to succeed in overcoming difficulties and fulfill their full potential.

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