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# Facts For You

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## INTERPERSONAL INTELLIGENCE



Interpersonal intelligence refers to a person's ability to bond and connect with others and manage personal and professional relationships. Improving your interpersonal intelligence skills can help you to quickly understand other people's emotions and determine how to interact with them based on those emotions.

### **What is interpersonal intelligence ?**

Interpersonal intelligence is the ability to understand how people feel and then interact with others in a way that is appropriate for the situation. It involves having self-awareness, which means being conscious about your own emotions and behaviours and then adjusting them to communicate with those around you.

People with high interpersonal intelligence usually possess qualities that allow them to:

- **Communicate verbally**

Someone with interpersonal intelligence is usually skilled at verbally communicating with others. Verbal communication skills often allow someone to speak clearly and confidently to others. It is a skill that can make it easier to express your thoughts and feelings in a way that can make others more receptive to what you're saying. The effectiveness of verbal communication can sometimes depend on the variations of your voice, such as the tone, volume, the speed at which you speak and the words you choose to use.

- **Communicate nonverbally**

Nonverbal communication is a characteristic of interpersonal intelligence that refers to the way someone expresses their emotions through their body language. Effective nonverbal communication can allow you to convey your feelings without speaking. You can do this by paying attention to your body language, overall posture, hand gestures, eye contact and facial expressions.

- **Be aware of different perspectives**

As you develop interpersonal intelligence, you may discover that it becomes easier to consider a situation from another person's perspective. This can allow you to understand viewpoints that may differ from your own as you work to become more empathetic, compassionate and sincere. This is an important characteristic of interpersonal intelligence because it helps you to connect with others and better understand their experiences.

- **Form meaningful relationships**

People with interpersonal intelligence may have an easier time forming meaningful relationships with others. These relationships are generally positive and often involve the ability to have heartfelt conversations with one another. People in a meaningful relationship may admire and respect one another and are usually receptive to each other's opinions, advice and suggestions. In a meaningful relationship, people are honest with each other, which can help to build trust as well.

- **Resolve conflicts**

An important aspect of interpersonal intelligence is conflict resolution, the ability to resolve issues and problems between two or more people. Effective conflict resolution can be useful in finding solutions that benefit everyone involved. A person with conflict resolution skills may know how to identify the source of a conflict and be sensitive to everyone's point of view. The goal of conflict resolution is to find a common agreement

between all parties involved in a conflict, so developing your interpersonal intelligence might help you do that more efficiently.

### **Why is interpersonal intelligence important?**

Interpersonal intelligence is important because it can improve your communication with others. It may help you develop more genuine friendships or become someone that people can rely on for emotional support and stability. It can also help to make you more suitable for a variety of professions that involve interacting with people.

Increasing your interpersonal intelligence may allow you to:

- **Be more emotionally intelligent**

Interpersonal intelligence may improve your emotional intelligence, which measures how consciously you are aware of your emotions. You can then use that self-awareness to control your emotions and express them within your interpersonal relationships rationally and compassionately. Emotional intelligence is an aspect of interpersonal intelligence because they often occur at the same time during interactions in a variety of settings, such as work or social events. Emotional intelligence can usually help you identify your current feelings, what caused them and how you may work through those emotions in a positive and healthy way.

- **Establish rapport**

When you possess a high level of interpersonal intelligence, it may help you form connections quickly with other people, including strangers. Because you may have an awareness of someone's personality after meeting them, you may be able to better adapt to the social situation, which can allow you to connect with them in a way that makes them feel comfortable. Public speakers are often skilled at establishing rapport with their audience because they know how to use the right language and emotion to make themselves responsive and impressive.

- **Feel more comfortable and confident**

Improving your interpersonal intelligence skills over time may help you gradually more comfortable and confident during social situations and events. Social gatherings may involve having to interact with many people, and with high interpersonal intelligence, you might be able to maintain a natural conversation with others longer. This can sometimes help you have more confidence to introduce yourself to new people, and you may also find that you enjoy social interactions more as your interpersonal intelligence improves.

- **Influence others**

When you have a better understanding of how people feel and behave, you may use that knowledge to offer opinions and advice that people are more likely to consider. Because of this, people might gravitate to you more naturally and want to involve themselves in your social circle. By improving your interpersonal intelligence, you may find that it's easier to form strong bonds with others and develop a loyal group of friends.

- **Develop leadership skills**

When your interpersonal intelligence improves, your leadership skills may improve as well. This is because you often need interpersonal intelligence skills to be a successful leader, which involves portraying a positive attitude, having a willingness to encourage others and displaying humility. A skilled leader can typically form meaningful connections with people and be able to understand how they feel while also considering their opinions while making decisions. The more you can bond with the people you lead, the more likely they are to rely on you as someone trustworthy and deserving of authority.

## **Seven tips to develop interpersonal intelligence**

Here are seven tips that may help you develop your interpersonal intelligence skills:

- 1. Teach and tutor others**

You can improve your interpersonal intelligence by teaching or tutoring others. Learning how to discuss a topic in a manner that is easier for someone else to understand can often make that person more receptive to your teaching style and tutoring efforts. This also serves as practice to help you learn how to communicate complex information in new and simple ways. Through the process of discovering how to align your teaching with a person's unique learning needs, you may strengthen your bond with that person as you learn to communicate with them on their level.

- 2. Participate in community service**

Participating in community service not only puts you in an environment to help others in need but also serves as an opportunity to help you develop your communication skills and compassion. You may consider volunteering because it shows a genuine interest in providing care for others and a desire to give your time and energy to benefit someone else. This can help to build a sense of community and form genuine human connections.

### **3. Listen actively**

Active listening is an essential component of interpersonal intelligence and refers to someone's ability to listen to the perspectives, thoughts and opinions of others and then acknowledge what they said. This means you are genuinely focusing on what someone is saying, taking their words into serious consideration and then giving meaningful feedback once it is your turn to speak. Active listening shows that you are receptive and respectful when someone is speaking.

### **4. Practice empathy**

By practicing empathy, you gain an understanding of someone else's emotions by showing interest in their concerns. It can become easier to communicate and develop your interpersonal skills with others when you're able to feel what they feel. This can often help you gain a new perspective you would not have understood otherwise. If you want to understand someone better, imagine yourself in their position and consider how you might feel in that situation. This can help you appreciate that person more because it allows you to share the feelings of someone else.

### **5. Be an active team member**

Consider being an active team member in your daily life, which means being involved in your team and helping other team members more often. Whether you're part of a team at work or a recreational team event, being an active team member means not only fulfilling your basic responsibilities but also showing a genuine concern for the performance of the team as a whole. You can become more active as a team member by acknowledging people's efforts, offering your help or fulfilling a leadership role when needed.

### **6. Display social sensitivity**

Try to display a greater sense of social sensitivity, which means having an awareness of people's sensitivities and modifying your speech to avoid offending them. It's important to be aware of what topics may be offensive or what jokes people don't find humorous. While your social sensitivity may vary depending on who you're interacting with, it's important to understand people's boundaries. If you don't know, try to avoid topics and language that are controversial or sensitive. You may discover someone's social sensitivity level by observing how they react to certain words or topics.

### **7. Display positive body language**

Consider showing more positive body language, which can make people feel more at ease and want to connect with you. For example, gestures such as smiling or waving

at someone can make you appear more easygoing and friendly. This also involves using body language that is custom in someone else's culture. For example, if someone belongs to a culture where bowing is the proper way to greet another person, then consider bowing as well to show them that you respect their customs.

**(Reference -: Internet Resources)**

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