



Tadipigari Mahesh Babu  
M. Rajesh

# Emotional Agility at Work: A Guide to Enhanced Performance

 **LAMBERT**  
Academic Publishing

The present study has made an attempt to study the awareness level of emotional intelligence among the respondent employees. To study the relationship between demographic profile and employee performance and relationship between demographic profile and emotional intelligence of sample respondents, to study the relationship between emotional intelligence and employee performance of sample respondents and analyze the association among various, select dimensions of emotional intelligence on employee's performance.

Dr. Tadipigari Mahesh Babu, M.B.A., Ph.D., Assistant Professor in Department of Management, School of Business, St. Joseph's University, Bengaluru-560027.

Dr. M. Rajesh, M.B.A., Ph.D., Associate Professor in Department of M.B.A., Malla Reddy Engineering College, Hyderabad-500100. Qualified for the UGC NET (2013) and APSET (2013).

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