

MANIFESTO OF EMOTIONAL INTELLIGENCE

(by LAURA FINO)

Emotional Intelligence is not just the future.

**It is the source code of humanity that becomes truly aware,
where individuals connect with each other, respect one another, and
cooperate to build a more equitable, empathetic, and inclusive tomorrow.**

IN THE BELIEF THAT:

- **Emotional Intelligence** can stand as a cornerstone in the construction of authentic bonds and in promoting a culture of mutual respect and understanding.
- **Emotional Intelligence** can provide guidance for a profound relational ethics.
- **Emotional Intelligence** can become a true investment in mental health, both individually and collectively, aiming to prevent distress and promote psycho-social well-being.

WE WANT:

1. **More Connection.** A society that teaches its children not only to read and count, but to connect with others and achieve, together with them, a state of empathy.
2. **More Listening.** A society that includes its adolescents in contexts where IQ is not the exclusive criterion for evaluation and access. A society capable of listening, welcoming, and giving meaning to the challenges and needs of their unique developmental phase. A society capable of nurturing their curiosity and hope.

3. **More Acceptance.** A society in which young people do not experience the pressure of performance but feel that their aspirations for human growth and the genuine desire to find their own path are welcome.
4. **More Cooperation.** A society in which school is a place capable of igniting a passion for knowledge as well as conveying the importance of cooperation and respect for others.
5. **More Recognition.** A society that recognizes children, adolescents, and young adults' right not to be perfect, high-performing, beautiful, intelligent, or talented. A society that acknowledges their right to live their own life and not to be the occasion for their parents' social and personal redemption or the instrument of their care.
6. **More Support.** A society where adults can find accessible support in fulfilling their parenting role. A society where the educational task of parents is not only characterized by educational and behavioral rules but also encompasses spaces for play and emotional closeness, acceptance, and emotional attunement.
7. **More Presence.** A society where working mothers and fathers are not forced to choose between work and family but can enjoy public welfare measures. Time, a fundamental and concurrent educational factor, cannot and must not remain completely absorbed by work activities, given the need for parents to ensure children have that essential physical and emotional contact, which is the basis of balanced growth.
8. **More Respect.** A society in which all people with disabilities can develop their talents and realize themselves on both a professional and personal level, as disability does not define the person.

9. **More Care.** A society that grants elderly individuals the dignity of their time, with empathy, compassion, and recognition of the value tied to their experience.

10. **More Responsibility.** A society that:

- rejects and takes necessary actions to prevent and combat violence and discrimination of all kinds: physical, psychological, economic, and power-related.
- recognizes inclusive, ethical, and responsible language as its foundational value and promotes such language both in public and private spheres with every possible and feasible action.
- acknowledges listening as an act of responsibility, capable of opening spaces for connection.

11. **More Empathy.** A society in which vulnerability, suffering, and pain do not constitute reasons for shame nor indicators of incapacity or weakness. A society capable of embracing the imperfect humanity that we are.

It is beautiful, humane, and evolutionarily advantageous to imagine a society of this kind, in which each of us can do our part, in a work of cooperation and connection that Emotional Intelligence promotes.