EMOTIONAL INTELLIGENCE

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The ability to identify and manage one's own emotions, as well as other people's emotions.

SOCIAL SKILLS
Effective at managing relationships that benefits everyone involved.

SELF-AWARENESS
The ability to recognize your own emotions, strengths and limitations, and their impact on others around you.

MOTIVATION
Being motivated consists of enjoying what you do, working towards achieving goals, and not being motivated by money or status.

SELF-REGULATION
Allows you to wisely manage your emotions and impulses.

EMPATHY
Able to identify and understand others' emotions.

	Awareness	**Management**
Personal	- Knowledge of self *Accurate self-assessment* *Self-confidence* - Emotional awareness	- Emotional self-control *Integrity* *Adaptability* - Conscientiousness *Innovation* *Drive* *Commitment* *Optimism* *Motivation*
Social	*Understanding others* - Service orientation - Organizational acumen - Appreciating diversity - Body language	*Communication* *Collaboration* - Managing conflict - Building influence and bonds - Leadership - Healthy assertiveness

8 Lessons of Emotional Intelligence

1. Intelligence is not just rational - it is emotional as well.

2. Emotions can be powerful.

3. Emotional intelligence is decisive in academic success.

4. Positive leadership involves persuading others to reach a common goal.

5. The key to self-control is through self-regulation and emotional intelligence.

6. People who have emotional skills can lead better and more productive lives.

7. Emotional intelligence can influence your physical health.

8. Emotional intelligence is fundamental to our social lives.

How to develop emotional intelligence

◦ Observe how you react to people.

◦ Look at your work environment.

◦ Do a self-evaluation.

◦ Examine how you react to stressful situations.

◦ Take responsibility for your actions.

◦ Examine how your actions will affect others- before you take those actions.

Take the self-evaluation quiz and then complete the reflection