

What is Emotional Intelligence?

	SELF	SOCIAL
AWARENESS	<p>Self-awareness Recognition of your emotions and how they affect your thoughts and behaviors</p>	<p>Social awareness Understanding the emotions, needs and concerns of others; the ability to pick up on emotional cues, feel comfortable socially and recognize power dynamics</p>
REGULATION	<p>Self-regulation Control of your impulsive feelings and behaviors; the ability to manage emotions in healthy ways and adapt to changing circumstances</p>	<p>Social skill Ability to develop and maintain good relationships, communicate clearly, influence others and manage conflict</p>

Sources: Daniel Goleman; *Emotional Intelligence*; 1995. Help Guide; *Key Skills for Raising Emotional Intelligence*.