



What is Emotional Intelligence?

	Self	Social
Awareness	Self-Awareness Recognition of your emotions and how they affect your thoughts and behaviors	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
Regulation	Self-Regulation Control of your impulsive feelings and behaviors; the ability to manage emotions in healthy ways and adapt to changing circumstances	Social Skill Ability to develop and maintain good relationships, communicate clearly, influence others and manage conflict