

Emotional Intelligence

AT A GLANCE

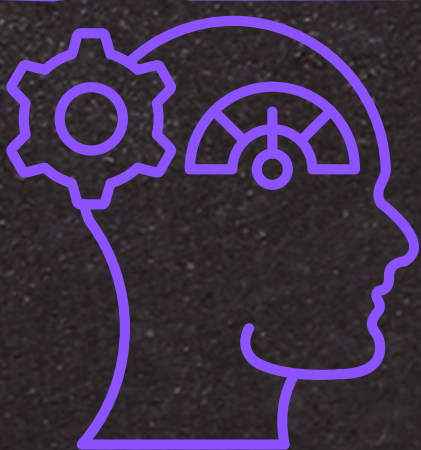
SELF AWARENESS

The ability to recognize and understand your emotions, thoughts, and perspectives, as well as the current circumstances and previous life experiences that caused them.



SELF MANAGEMENT

The ability to regulate and manage your behavior, especially in the moment of a strong emotional reaction. The ability to pause and be purposeful in responding.



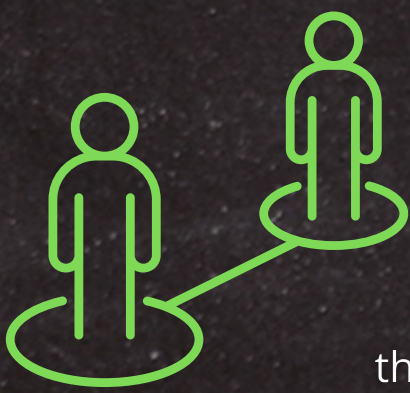
MOTIVATION

The ability to identify short and long term goals or outcomes as well as the personal values and desires driving them, not only for ourselves, but others involved.



SOCIAL AWARENESS

The ability to recognize and understand others' emotions and perspectives, and consider the circumstances and previous life experiences that may have caused them. This requires empathy and curiosity.



SOCIAL MANAGEMENT

The ability to influence others by adapting and choosing to be intentional with our approach. Effectiveness in this element yields positive returns on overall emotional well being.

