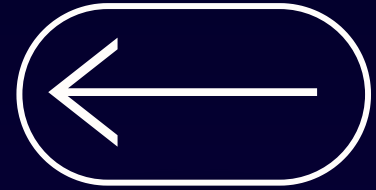


Emotional Intelligence.



WHAT IS EMOTIONAL INTELLIGENCE?

Emotional Intelligence (EI) is all about understanding and managing your own emotions while also recognising and responding effectively to the emotions of others.

Daniel Goleman's model defines four key domains of EI: self-awareness, self-management, social awareness, and relationship management.



SELF AWARENESS

Self-Awareness: This involves understanding your own emotions, strengths, weaknesses, values, and motivations. It also includes recognising how your emotions affect your thoughts and behaviors.

SELF MANAGEMENT

Self-Management: This involves managing your own emotions and impulses. It includes regulating your emotions, controlling your impulses, and adapting to changing situations.

SOCIAL AWARENESS

Social Awareness: This involves understanding the emotions of others. It includes empathy, perspective-taking, and social skills.

RELATIONSHIP MANAGEMENT

Relationship Management: This involves building and maintaining positive relationships with others. It includes effective communication, conflict resolution, and teamwork.

