* Nelson mandella
* Mandela is a man who stood firm and took his country from the extremes of apartheid through to democracy. For this he was awarded the Nobel Peace Prize (1993). He has achieved more than this though.

Self awareness:

* A man of humour honesty and humility.
* Was an impulsive and impatient revolutionary leader but has changed since then.
* One weakness with Nelson is that he developed too much confidence in a person. Which in return they came back to disappoint and go against him
* Quote:  I wanted to be known as Mandela, a man with weaknesses, some of which are fundamental, and a man who is committed, but, nevertheless, sometimes fails to live up to expectations

Self- regulation:

* At times he may feel torn between his craving for the comfortable and familiar versues a tast for the foeign and the unknow. Two contradictory impulses.
* When his life is becmong too predictable nelson may do something to upset the status quo , this represents a streak of unconventionality and creative genius in him which can be channelled towards a good purpose.

Motivation;

* Wanted to be a powerful leader alway saw the segregation of black and white people. He was black. He realised that an Africans life is circumscribed by racist law and reulations.
* Wanted to unify a country and end the hatred inside of it.
* Was motivation to save the country not just himself.

Empathy

* He knew how others felt as he was in the same position as them a number of years ago.
* Valued the power of understanding others including his enemies.
* A major part of his strategy was to get inside the minds of his captors. To that end, he taught himself to speak and comprehend Afrikaans, and learned the history, culture and values of the Afrikaaner

Social skill

* Being black nelson Mandela had a connection with the people of Africa.
* As president these were he most important connections in securing his position.
* It you talk to a man in a language he understands hat goes to his head, if you talk to him in his language that goes to his heart.