



**SES 22611 – Socio Emotional Skills**  
Semester II / Academic Year 2023/2024  
**Faculty of Humanities and Social Science**

Workshop No	Marks
Workshop 01	
Workshop 02	
Workshop 03	
Workshop 04	
Workshop 05	
Total	

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**Student Registration Number:** HS/2022/19531

**Medium:** ENGLISH

## **Content / පටුන**

- 1) Introduction to Socio-Emotional Skills
- 2) Emotional Intelligence
- 3) Communication Skills
- 4) Conscientiousness
- 5) Personality

## Introduction / හැඳින්වීම

In today's interconnected world, socio-emotional skills have become essential for personal and professional success. These skills enable individuals to understand and manage their emotions, build strong relationships, and navigate social environments effectively. Socio-emotional competencies are not only crucial for personal well-being but also for fostering teamwork, leadership, and adaptability in professional settings.

Among these skills, **emotional intelligence** plays a vital role in recognizing, understanding, and regulating emotions, both in oneself and others. It enhances decision-making, conflict resolution, and overall mental well-being. **Communication skills** are equally important, as they facilitate effective expression, active listening, and the ability to convey ideas clearly. Strong communication fosters collaboration, reduces misunderstandings, and builds trust in both personal and professional relationships.

Another significant trait is **conscientiousness**, which refers to being responsible, organized, and goal-oriented. Individuals with high conscientiousness tend to be dependable, disciplined, and capable of managing their tasks efficiently. Additionally, **personality** shapes how people perceive the world and interact with others. Understanding different personality traits helps individuals develop self-awareness and improve their social interactions.

By exploring these socio-emotional skills, this document aims to highlight their importance in fostering personal growth, emotional resilience, and professional excellence. Developing these abilities not only enhances individual success but also contributes to creating a more empathetic and cooperative society.