

**To do:** Make a submission

**Opened:** Thursday, 11 April 2024, 12:05 AM

**Due:** Thursday, 18 April 2024, 11:55 PM

For this assignment I want you to comment on how and what you learned about yourself and EI. Choose a competence that is most important to you and explain what attributes are most important and why. Substantiate your choice as well as add one additional competence that reflects your culture, your family, or your views. Explain how each competence is important.

Here are the domains of EI and explanations for them:

#### Self-Regulation

- (i) Self-control: Managing disruptive emotions and impulses.
- (ii) Trustworthiness: Maintaining standards of honesty and integrity.
- (iii) Conscientiousness: Taking responsibility for personal performance.
- (iv) Adaptability: Flexibility in handling change.
- (v) Innovativeness: Being comfortable with and open to novel ideas and new information.

#### • Self-Motivation

- (i) Achievement drive: Striving to improve or meet a standard of excellence.
- (ii) Commitment: Aligning with the goals of the group or organization.
- (iii) Initiative: Readiness to act on opportunities.
- (iv) Optimism: Persistence in pursuing goals despite obstacles and setbacks.

#### • Social Awareness

- (i) Empathy: Sensing others' feelings and perspectives, and taking an active interest in their concerns.
- (ii) Service orientation: Anticipating, recognizing, and meeting customers' needs.
- (iii) Developing others: Sensing what others need in order to develop, and bolstering their abilities.
- (iv) Leveraging diversity: Cultivating opportunities through diverse people.
- (v) Political awareness: Reading a group's emotional currents and power relationships.

#### • Social Skills

- (i) Influence: Wielding effective tactics for persuasion.
- (ii) Communication: Sending clear and convincing messages.
- (iii) Leadership: Inspiring and guiding groups and people.
- (iv) Change catalyst: Initiating or managing change.
- (v) Conflict management: Negotiating and resolving disagreements.
- (vi) Building bonds: Nurturing instrumental relationships.
- (vii) Collaboration and cooperation: Working with others toward shared goals.
- (viii) Team capabilities: Creating group synergy in pursuing collective goals.

**These domains help individuals to know their emotions, managing your emotions; motivating yourself; recognizing and understanding other people's emotions; and managing relationships, or managing the emotions of others when in a relationship.**

**Use this table of [competencies and attributes](#) to complete this assignment.**

The Learning Journal entry should be a minimum of 400 words and not more than 750 words. Use APA citations and references if you use ideas from the readings or other sources.

Add submission

Submission status

Attempt number	This is attempt 1.
Submission status	No submissions have been made yet
Grading status	Not graded
Time remaining	2 days 7 hours remaining