

Figure 1. Areas of Emotional Intelligence and Emotional Competencies

Areas of Emotional Intelligence	Emotional Competencies
Self-Awareness	Emotional Self-Awareness Accurate Self-assessment Self-confidence
Self-Management	Emotional Self-Control Transparency Adaptability Achievement Initiative Optimism
Social Awareness	Empathy Service Orientation Organizational Awareness
Relationship Management	Inspirational Leadership Influence Developing Others Change Catalyst Conflict Manager Teamwork and Collaboration