

# Emotional Intelligence

## Self-awareness

Start by paying attention to your own emotional states and identifying the triggers that can lead to these emotions.

1



## Self-regulation

Learn strategies for managing and controlling your emotional responses, such as deep breathing, mindfulness, and reframing negative thoughts.

# 2

## Motivation

Set clear and specific goals for yourself, and stay focused and committed to these goals even when faced with challenges or setbacks.

3



# Empathy

Work on developing your ability to understand and share the feelings of others. Practice active listening and try to put yourself in other people's shoes to better understand their perspectives.

4

## Social Skills

Work on your communication skills, including listening, speaking, and nonverbal communication. Practice resolving conflicts and collaborating with others towards common goals.

5

