

What is Emotional Intelligence?



To be **conscious** about our own emotions and that of others--in **real-time**, and using this information to **manage** ourselves and the relationships we have--is **emotional intelligence**.

Emotional Intelligence

Self

Social

Recognition

Self Awareness

Self-awareness
Self-assessment
Self Confidence

Social Awareness

Empathy
Approachable
Good listener
Organizational awareness

Regulation

Self Management

Self-control
Transparency
Achievement
Adaptability
Initiative
Optimism

Relationship Management

Influence
Inspirational Leadership
Coach and Mentor
Conflict Management
Teamwork and collaboration
Change catalyst