Elements of Emotional Intelligence

**Social Awareness**
Understand the emotions, needs, and concerns of others; pick up on emotional cues; feel comfortable socially; and recognize the power dynamics in a group or organization.

**Relationship Management**
Knowing how to develop and maintain healthy relationships; communicate clearly; inspire and influence others in a positive light; work well within a team; and manage conflict productively.

**Self-Management**
Being able to control impulsive feelings and behaviors; managing your emotions in healthy ways with confidence; taking initiative and being decisive; following through on your commitments; and adapting to changes in your circumstances.

**Self-Awareness**
Recognizing your own emotions and how they affect your thoughts and behaviors; knowing your strengths and weaknesses; being honest and non-ashamed of your faults; and having self-confidence.

**Social Self**
Confidence in your environment company, speech, message and delivery; being comfortable within a group and playing a positive role in the team dynamic.

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