

Key Emotional Intelligence Skills and How to Apply Them

Communication:

- Acknowledge and give constructive feedback
- Listen actively, do not interrupt, adjust to the people level of understanding

Decision-Making

- Be open to apologizing when needed.
- Take responsibility and reflect on outcomes. Reduce procrastination

Mental Health

- Empathize with others' feelings
- Practice mindfulness and self-compassion.

Physical Health

- Control thoughts and keep commitments.
- Build confidence through regular activity.

Relationship Management (Work)

- Learn to forgive and let go of grudges.
- Engage in team-building and trust exercises.

Relationship Management (Family/Friends)

- Facilitate meaningful conversations.
- Avoid small talks, act without complaining

Resilience

- Listen to others' experiences and advice.
- Pay attention to personal needs and self-care.

Self-Management

- Avoid manipulation and set boundaries.
- Seek inspiration from mentors or peers and learn to say NO

Social Intelligence

- Consider and respect other perspectives.
- Be proactive in reaching out and engaging

Work Performance

- Think before speaking or acting impulsively.
- Write down thoughts to clarify and organize. Not everything is personal



Self-awareness



Self-management

