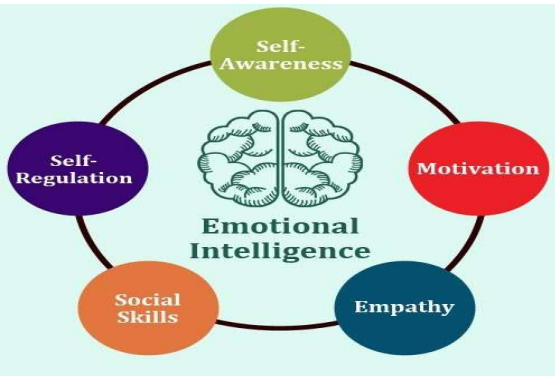




Individual Poster

Mental health:

Strengths: Empathy, emotional support, and active listening.
Weaknesses: Stress management, occasionally neglecting self-care.

Relationship management at work:

Strengths: Effective communication, conflict resolution, and team collaboration.
Weaknesses: Difficulty setting boundaries, occasional over-

Physical health:

Strengths: Consistent exercise, healthy habits, and supporting others' wellness.
Weaknesses: Occasional neglect of rest, overexertion, and inconsistent self-care.

Work performance:

Strengths: Collaboration, problem-solving, and reliability.
Weaknesses: Overcommitting, difficulty delegating, and occasional impatience.

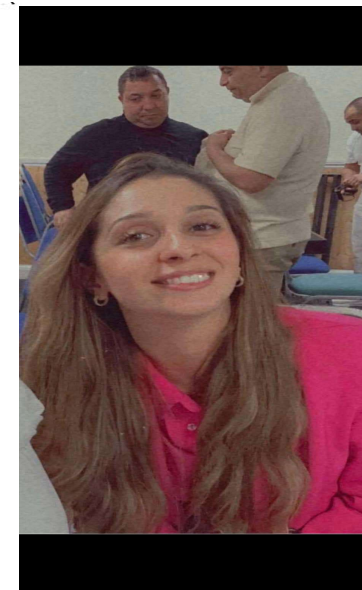
Communication:

- Strengths: Clear, active listening, and empathetic.
- Weaknesses: Overthinking, occasional misinterpretation of tone.

Self-Awareness	Self-Management	Social-Awareness	Relationship Management
6	5	6	4

Relationship management with family:

strengths: Supportive, empathetic, and open communication.
Weaknesses: Difficulty setting boundaries, sometimes overwhelmed by responsibilities.



Decision making:

Strengths: Logical, collaborative, and open to feedback.
Weaknesses: Overanalyzing, indecision in high-pressure situations.



Self-management:

I excel in communication, listening, and adaptability; struggle with time, focus, and emotional regulation.

Social intelligence:

Strengths: Empathy, active listening, and building rapport.
Weaknesses: Overthinking social cues, occasional difficulty with assertiveness.