

clearly

- Don't be scared of other judgement
- Don't judge others
- Acknowledge emotions

PHYSICAL HEALTH

HOW TO IMPROVE

- Train more often
- Eat healthier
- Don't compare myself to others

Management and Family

HOW TO IMPROVE

- Be present and attentive during interactions
- Show appreciation for the people around you
- Communicate openly and honestly about feelings

MANAGEMENT

HOW TO IMPROVE

- Take a deep breath before answering
- Never make promises when happy or sad
- Learn to say no to others

BETTER DECISION MAKING

- Better Decision Making
- Fewer mistakes in the long run
- Enhanced judgement

THINK CRITICALLY

- Think Critically
- Listen to others' perspective
- Weigh pros and cons

MASTERING EMOTIONAL INTELLIGENCE

SOCIAL INTELLIGENCE

POTENTIAL BENEFITS

- Expand my network
- Cultural Sensitivity
- Understanding Others

HOW TO IMPROVE

- Learn new things every day
- Be curious about different

BENEFITS

- Reduce Stress and Anxiety
- Positive thinking
- Be adaptable

RELATIONSHIP MANAGEMENT

- Be more positive myself
- Stop overthinking useless
- Create smart goals to reach
- Learn from mistakes

POTENTIAL BENEFITS

- Team Working
- Clear Communication
- Easier to find solutions
- Team Trust

HOW TO IMPROVE

- Understand each other
- Help each other
- Be more empathic

RESILIENCE

POTENTIAL BENEFITS

- Adapt to challenges and change
- Build emotional strength to face difficulties
- Solve problems more effectively under pressure

HOW TO IMPROVE

- Reframe negative thoughts
- Stay focused
- Seek support from trusted people

WORK PERFORMANCE

POTENTIAL BENEFITS

- Building Trust
- Improved Communication
- More reliable
- Increase Productivity

HOW TO IMPROVE

- Be positive
- Focus on the goal
- Give and receive feedback