



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Lecturer: Dr.
N.Ramsurrun
Janice Garcia 2334950

EMOTIONAL INTELLIGENCE

Self-Management

- Staying calm under pressure
- Being adaptable



Self-Awareness

- Recognise your emotions
- Know your Strengths



Motivation

- Positive Attitude
- Commitment to improvement

Empathy

- Understanding other's feeling
- Showing Compassion



Social Skills

- Building healthy relationship
- Resolve conflict

