

MY EMOTIONAL INTELLIGENCE

Communication:

- a good listener and empathize with others
- acknowledge mistakes
- take the responsibility

Decision making:

- understand the context, patient
- willing to take risks
- back it up with a plan

Physical health:

- manage stress
- quality sleep
- balanced diet
- connect with family and friends



(Shutterstock, 2024)



SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL-AWARENESS	RELATIONSHIP MANAGEMENT
4	2	7	4

Relationship management at work:

- be a team player
- be respectful, show empathy
- ono-to-one meeting

Mental health:

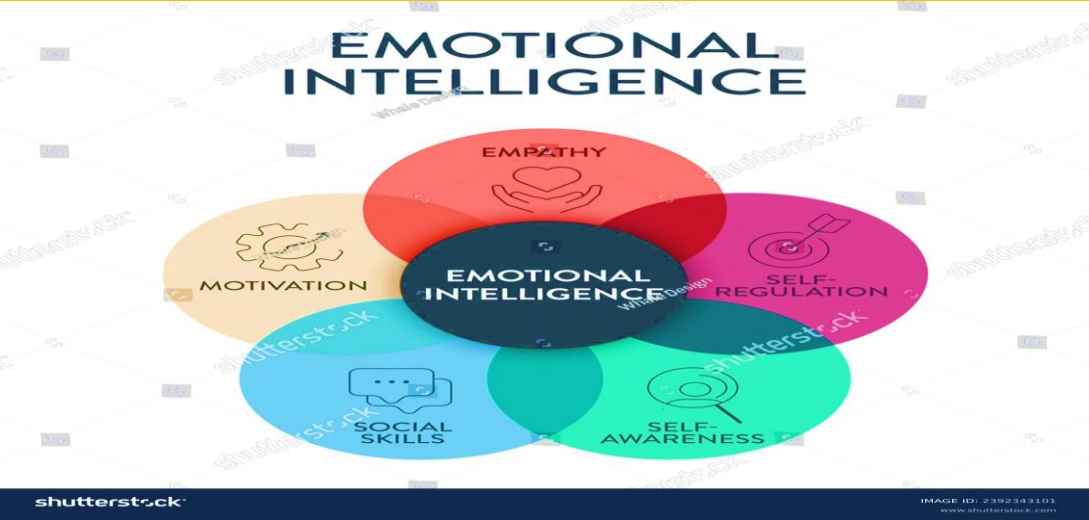
- maintaining focus
- prioritize tasks

Social intelligence:

- stay calm
- handle conflicts gracefully, apologize when necessary
- be flexible, enhance empathy

Work performance:

- communicate, understand your role, responsibilities
- enhance productivity
- managing time effectively



(Shutterstock, 2024)

Resilience:

- be kind to yourself
- learn from mistakes

Self-management:

- set clear goals
- stay persistent

Relationship management with family/friends:

- be honest, be present
- value their opinion
- willing to change

Florentina
Stefan
(2120245)