



Emotional Intelligence: Revealing Potential and Performance

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Self-Awareness	Self-Management	Social-Awareness	Relationship Management
7	10	10	8

Reflecting on My Emotional Intelligence



Using and Reasoning Out Emotions

01.

Communication

- Confidence
- Articulate
- Culturally aware
- Adaptive communicator to diverse audiences.

02.

Decision-Making

- Strong Analytical skills
- Problem solving & Logical thinking
- Clarity of thought
- Accountability
- Flexibility
- Confidence.

03.

Self-Management

- Making time for what matters
- Build self discipline
- Regain self control

04.

Resilience

- Ability to bounce back
- Strong mentally
- Perseverance
- Courageous
- Face setback but refuse to let it define me.

05.

Mental Health

- Mind wellness
- Inner harmony
- Emotional fitness
- Mind fullness
- Mental resilience

06.

Work Performance

- Respectful of team members & colleagues
- Positive Contribution
- Able to come up with creative solution
- Make team member feel valuable
- Can work with variety of diverse personality

07.

Relationships at Work

- Collaborative
- Constructive
- Courteous
- Dependable
- Empathetic, Empowering & Engaging

08.

Relationships With Family/Friends

- Affectionate – Fondness and warm regards
- Amiable – Easy going personalities
- Amicable – Friendly and peaceable

09.

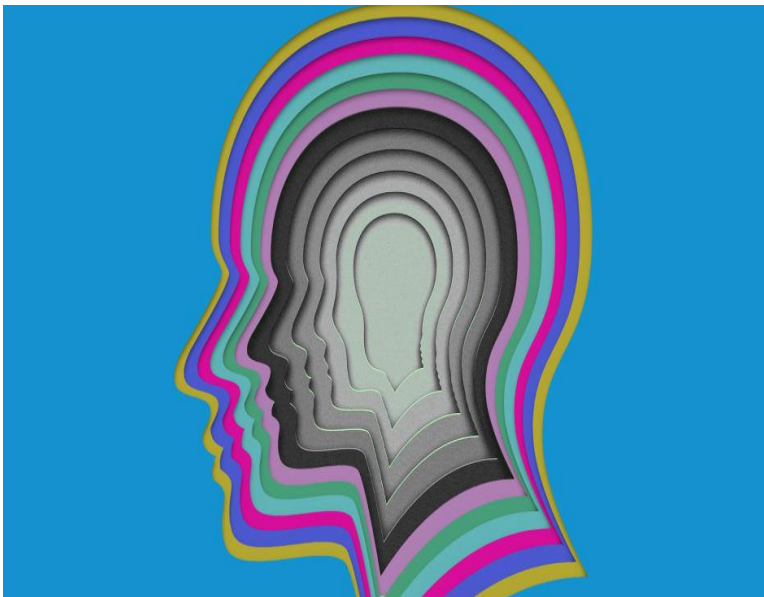
Social Intelligence

- Sociability
- People Skills
- Interpersonal Skills
- Relatable
- Thoughtful

10.

Physical Health

- Be more Active (Get Moving)
- Improve on Diet
- Exercise Can be fun and Social
- Make sleep a Priority



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