

Developing Emotional Intelligence Skills for the Workplace BMSW6106 Andrea Pisanti 2111539

Self-Awareness	Self-Management	Social-Awareness	Relationship Management
10	6	8	7

Communication
(Self-Awareness)

Helps me articulate and manage emotions effectively.

Engage in deeper conversations to enhance mutual understanding.

Personal Relationships
(Adaptability)

Adjusting to changes in relationships can be challenging.

Stay open to feedback and be flexible with expectations.

Decision Making
(Emotional Regulation)

Enables balanced decisions by reflecting on emotional responses.

Practice mindfulness for better impulse control.



Resilience (Stress Management)

Stress occasionally impacts my focus and performance.

Incorporate relaxation techniques like deep breathing or journaling.

Mental Health (Motivation)

Maintains my drive to achieve personal and professional goals.

Break tasks into smaller, manageable steps.

Self-Management (Conflict Resolution)

Managing emotions in conflicts needs more control.

Focus on solutions instead of assigning blame.



Physical Health
(Empathy)

Strong empathy fosters healthy and supportive relationships.

Regular physical activity to boost both emotional and physical resilience.

Social Intelligence
(Active Listening)

Sometimes I miss subtle social cues.

Practice paraphrasing and showing understanding during conversations.

Work Relationships
(Social Skills)

Builds collaborative and productive professional bonds.

Attend team-building activities and improve group communication.

Work Performance
(Influence)

I want to enhance my ability to inspire and lead.

Lead by example and set a clear, motivating vision for others.

