




THE FOUR DIMENSIONS OF EMOTIONAL INTELLIGENCE

	 AWARENESS	 MANAGEMENT
 SELF	SELF-AWARENESS	SELF-MANAGEMENT
	Recognize Emotional Triggers Detect Physiological Signals Name Emotions	Choose Balanced Response Able to Self Motivate Display Optimism
 SOCIAL	SOCIAL AWARENESS	SOCIAL INTERACTION
	Recognize Emotions in Others Show Empathy Aware of Group Behavior	Manage Conflict Able to Influence Others Build Teams and Networks