

4 KEY COMPONENTS OF EMOTIONAL INTELLIGENCE

Self-Management

Self-awareness

- Recognizing and understanding your own emotions and their effects
- Understanding your strengths and weaknesses
- Having self-confidence



Self-regulation

- Controlling or redirecting disruptive impulses/moods
- Suspending judgment and thinking before acting
- Trustworthiness, integrity, comfort with ambiguity, and openness to change



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Social Competence

Motivation

- Working for reasons beyond money or status
- Pursuing goals with energy, persistence, and drive
- Optimism, resilience, and organizational commitment



Social Skills

- Managing relationships and building networks
- Finding common ground and building rapport
- Leading change, persuading, building and leading teams, and managing conflicts



Relationship Management

Personal Competence

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