

## Emotional Intelligence

### The 4 EQ Skills (Emotional Intelligence)

Self Awareness - Ability to recognize your emotions as they happened and understand your general tendencies for responding to different people and situations.

Social Awareness - Understanding where the other person is coming from whether you agree or not.

Self Management - Using awareness of your emotion to choose what you say and do in order to positively direct your behavior.

Relationship Management - Using awareness of other persons' emotions to choose what you say and do in order to positively direct your behavior.

	<b>Personal Competence</b>	<b>Social Competence</b>
<b>What I See</b>	<u>Self-Awareness</u>	<u>Social Awareness</u>
<b>What I Do</b>	<u>Self-Management</u>	<u>Relationship Management</u>

## Emotional Intelligence

Think about someone you know who is really good at working with others.

What makes them so great at it?

Try to explain the attitudes, skills, values, and knowledge they have that help them work well with people.

Attitudes:	Values:
Skills:	Knowledge:

## Emotional Intelligence

### Word Power

In one of the blank shapes below, write your first and last name going up and down. Using the letters in your name, think of words that describe your good qualities. (Look at the example to help you.)

In the other shape, write the first and last name of someone who has made a difference in your life. Using the letters in their name, think of words that show how they have influenced you.

