Emotional Intelligence

In order to be a fully functioning human being, and to succeed in life we need both our thinking and our emotions.

We need to recognize our emotions in ourselves and others

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We need to understand emotions

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We need to express emotions skillfully

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We need to be able to see situations from another's perspective

EMOTIONAL INTELLIGENCE CONSISTS OF FOUR AREAS:

- SELF-AWARENESS
- SELF-MANAGEMENT
- EMPATHY (SOCIAL AWARENESS)
- RELATIONSHIP MANAGEMENT

"IF YOU ARE TUNED OUT OF YOUR OWN EMOTIONS, YOU WILL BE POOR AT READING THEM IN OTHER PEOPLE."

Daniel Goleman

Chrysalis ACADEMY
unleashing potential