

# Emotional Intelligence

## SELF-AWARENESS

*Emotional awareness:* Recognising one's emotions and their effects.

## SELF-REGULATION

*Self-control:* Managing disruptive emotions and impulses.

## SELF-MOTIVATION

*Achievement drive:* Striving to improve or meet a standard of excellence.

## SOCIAL AWARENESS

*Empathy:* Sensing others' feelings and perspective, and taking an active interest in their concerns.