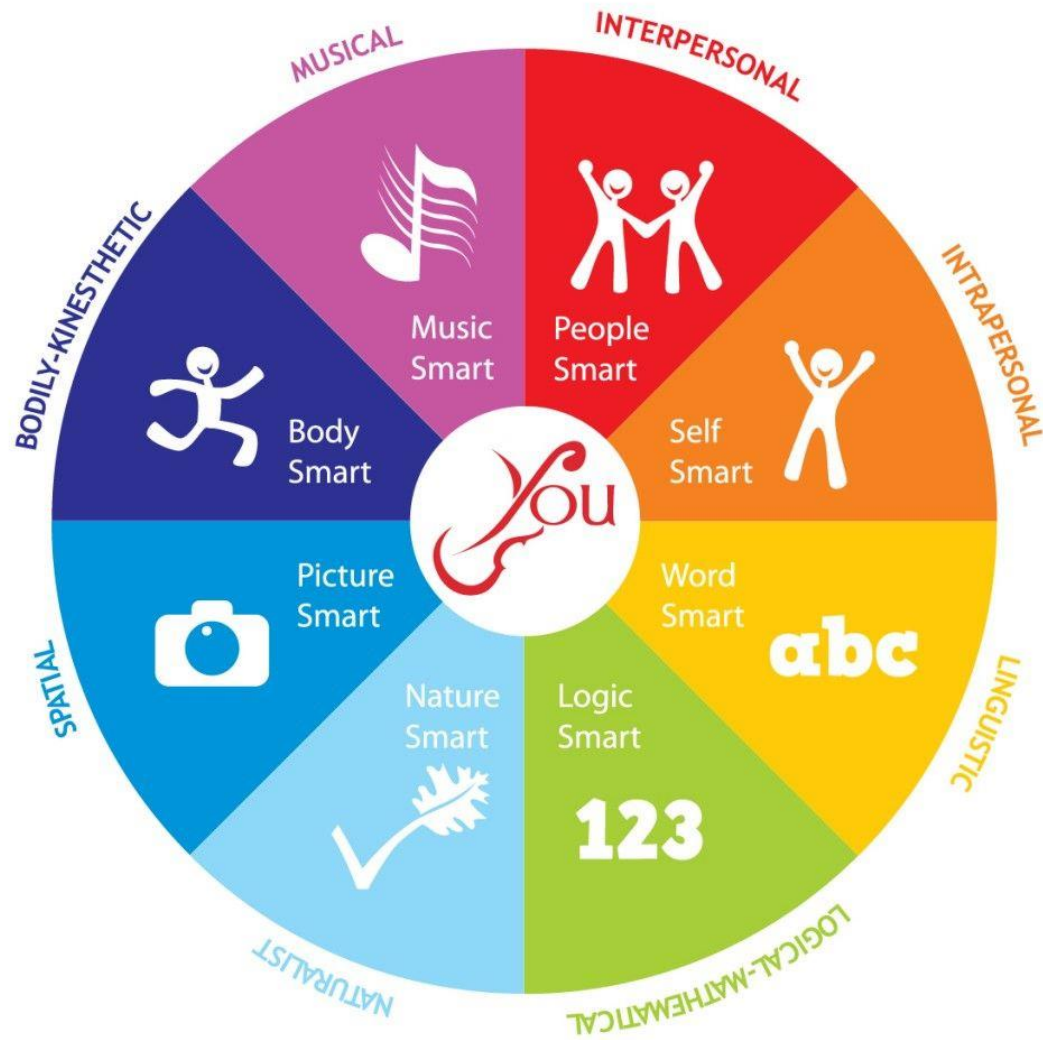


Introduction to EQ : PPT Slides





Self-Awareness

Ability to recognize and articulate own emotions and moods and be aware of their effect on others

- Aware of own feelings in the moment
- Tuned into the thinking associated with feelings
- Accurately assesses own strengths and weaknesses
- Strong self-worth

01

Self-Regulation

Ability to regulate negative emotions and maintain calm and focused in challenging circumstances

- Able to interrupt and redirect disruptive impulses and emotions
- Flexible, able to deal with uncertainty and ideas
- Takes accountability for their feelings and actions

02

03

An intrinsic ability to pursue goals with energy and enthusiasm

- Achievement- and goal-oriented
- A readiness to take the initiative
- Driven by own set of standards of excellence
- Able to motivate others

Motivation

04

Ability to tune in to others' emotions and needs and to interact with them appropriately

- Senses other people's perspectives and feelings
- Anticipates and takes into account others' needs
- Able to read moods and needs of groups (e.g. organizational trends)

Empathy

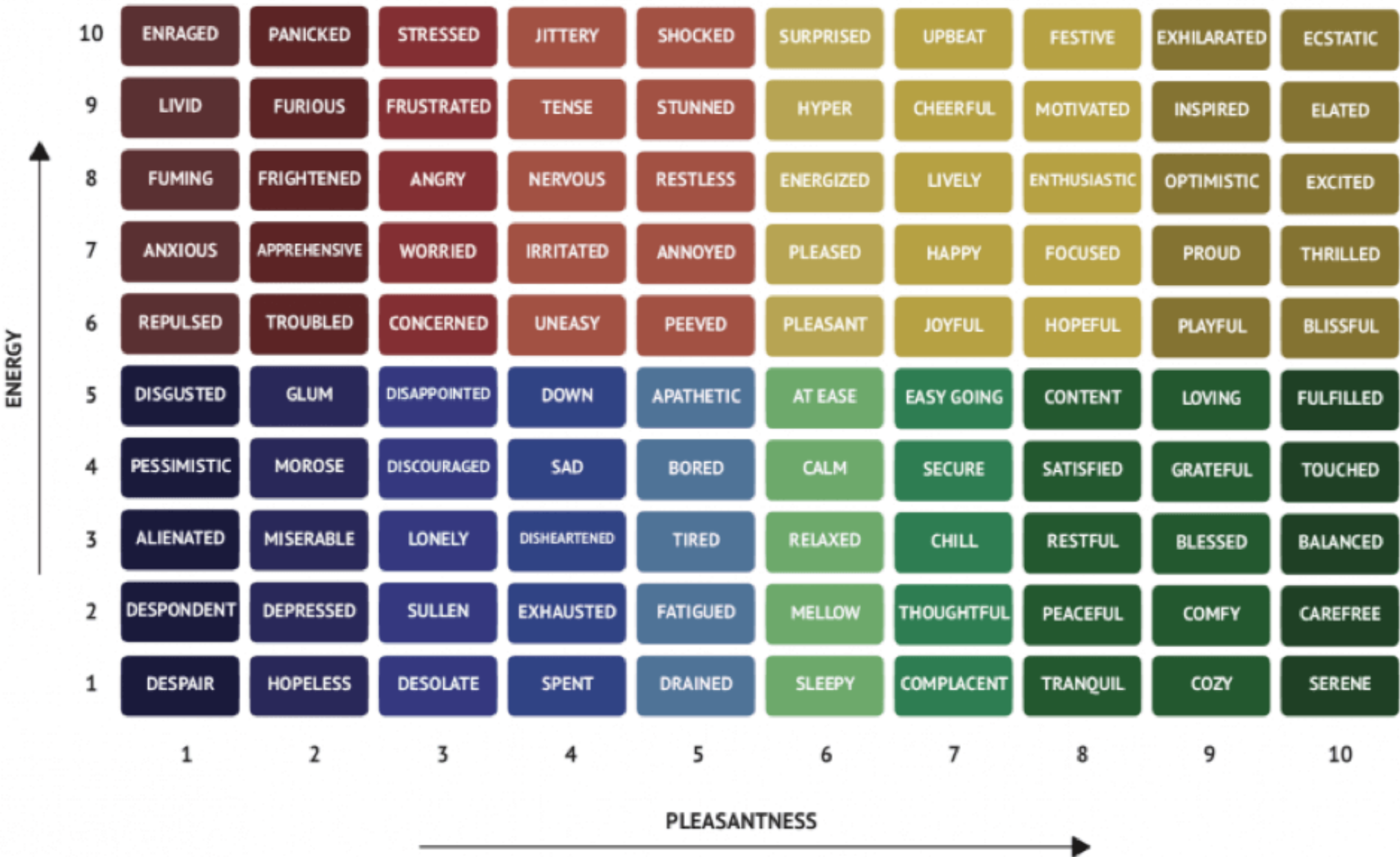
05

Ability to influence groups by building aspiration, common goals and network relationships

- Creates enthusiasm for a common goal and vision
- Maintains own effective network relationships
- Defuses conflict and disagreement and gains resolution
- Communicates convincingly—listens openly and communicates

Social Skills

Mood Meter



Robert Plutchik : Emotional Wheel

