



Play of the Day

THE RECIPE

for Emotional Intelligence

Emotional Intelligence

FIVE INGREDIENTS OF EMOTIONAL INTELLIGENCE™ TRAINING

INGREDIENTS



SELF-AWARENESS



SELF-MANAGEMENT



EMPATHY



SOCIAL SKILLS



LEADERSHIP ASSERTIVENESS

DIRECTIONS

- 1. Self-Awareness:** Understanding your internal state, which shapes how you interact with others.
- 2. Self-Management:** Being willing and able to manage your internal states (context) and impulses, as well as being open to considering new information from your teammates.
- 3. Empathy:** The ability and willingness to sense others' emotions, understand their perspectives, and take an active interest in their concerns.
- 4. Social Skills:** Actively cultivating and maintaining a web of relationships. Being skilled at building cooperation, dealing with conflict, and developing teams.
- 5. Leadership Assertiveness:** Knowing when to take charge and influence, and knowing when to allow oneself to be influenced.