

# Five Components - OF - EMOTIONAL INTELLIGENCE

## Social Skills

Being able to create and maintain healthy relationships



## Self-awareness

The knowledge of one's own thoughts, feelings and motivations

## Decision-making

The ability to make responsible choices and accept their outcome

## Empathy

The capacity to empathize and appreciate another perspective

## Self-regulation

The ability to regulate emotions and actions in a variety of environments

# Emotional Intelligence 2

**Philip Carter**



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