

FOUR DIMENSIONS OF EMOTIONAL INTELLIGENCE

Self

Recognition/Awareness	SELF AWARENESS	SELF MANAGEMENT	Regulation/Control
	<ul style="list-style-type: none"> • Self-confidence • Awareness of your emotional state • Recognizing how your behavior impacts others • Paying attention to how others influence your emotional state 	<ul style="list-style-type: none"> • Keeping disruptive emotions and impulses in check • Acting in congruence with your values • Handling change flexibly • Pursuing goals and opportunities despite obstacles and setbacks 	
	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT	
	<ul style="list-style-type: none"> • Picking up on the mood in the room • Caring what others are going through • Hearing what the other person is “really” saying 	<ul style="list-style-type: none"> • Getting along well with others • Handling conflict effectively • Clearly expressing ideas/information • Using sensitivity to someone else’s feeling (empathy) to manage interactions successfully 	

Others

Source: Goleman, D., Boyatzis, R. E., & McKee, A. (2013). Primal leadership: Unleashing the power of emotional intelligence (10th anniversary ed.). Harvard Business Review Press.