

 **D** _____

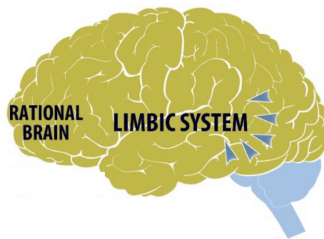
 **A** _____

 **H** _____

 **S** _____

 **S** _____

 **F** _____



**We _____ emotion first.
Then we _____ about it.**

EMOTIONAL INTELLIGENCE

**Your ability to _____
(in yourself and others), to recognize the
_____ of those emotions,
and to use that information to
_____ and _____
_____.**

Self - _____
Self - _____

_____ Awareness
Maintain _____



We all feel emotion.

What you do **AFTER you feel emotion
defines and shapes your _____.**

PLANNING FOR EMOTIONAL INTELLIGENCE



Self-awareness

Self-management

**Social
Awareness**

**Relationship
Management**