

Components of Emotional Intelligence

	Definition	Attributes
Self Awareness	The ability to recognize and understand your moods and emotions well as their effects on others	<ul style="list-style-type: none"> -- Self-confidence -- Realistic personal growth -- Comfort with ambiguity -- Openness to change -- Sense of humor
Motivation	<p>A passion to work for reasons that go beyond money or status</p> <p>The propensity to suspend judgment – to think before acting</p>	<p>Strong drive to achieve</p> <p>Optimism, even in the face of failure</p>
Empathy	<p>The ability to understand the emotional makeup of other people</p> <p>Skill in treating people according to their emotional reactions</p>	<p>Expertise in building ones' learning abilities</p> <p>Cross-cultural sensitivity</p>
Social Skills	<p>Proficiency in managing relationships</p> <p>An ability to find common group & build rapport</p>	<p>Effectiveness in working with others</p> <p>Developing influence and confidence by others</p>