# THE MATRIX

Goleman's emotional intelligence

#### SELF

#### SOCIAL

#### nodei (2002)

RECOGNITION

#### Self-Awareness

- emotional selfawareness
- accurate selfassessment
- self-confidence

#### Social-Awareness

- empathy
- · organisational
- service orientation

RECOGNITION

**REGULATION** 

## Self-Management

- self control
- transparency
- adaptability
- achievement drive
- initiative
- positive outlook

### Relationship-Management

- inspirational
- developing others
- influence
- · change catalyst
- building bonds
- · toamwork/collah

REGULATION

# LEARNING MATERIAL

The Emotionally Intelligent Artist | Emma Paunil | www.emmapaunil.com