

FIVE KEY EMOTIONAL INTELLIGENCE COMPETENCIES

These five EI competencies were proposed by Peter Salovey in Daniel Goleman Emotional Intelligence 1996, p.43

Knowing one's emotions

Self awareness – recognising a feeling as it happens is the keystone of emotional intelligence. The ability to monitor feelings from moment to moment is crucial to psychological insight; self understanding and physical wellness.

Managing one's emotions

Handling feelings so your response is appropriate is an ability that comes from increasing self awareness.

Motivating oneself

Marshalling emotions in the service of a goal; self control; delaying gratification; getting in attunement with the task to be achieved.

Recognising emotions in others

Being aware to the verbal and nonverbal expressions of another's emotional response.

Handling relationships

The art of responding to the emotions of others.