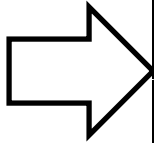
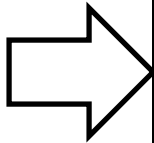


Emotional Intelligence

<p>Self Awareness Understanding the feelings you're experiencing</p>		<p>Self Control Making choices about your behavior based on your understanding</p>
<p>Social Awareness Recognizing the feelings others are experiencing</p>		<p>Relationship Management Acting appropriately based on your feelings, other's feelings, and the situation as a whole</p>

Adapted from The Emotional Intelligence Quick Book