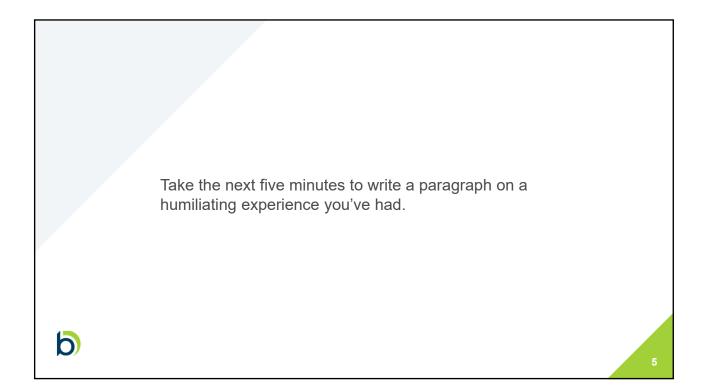
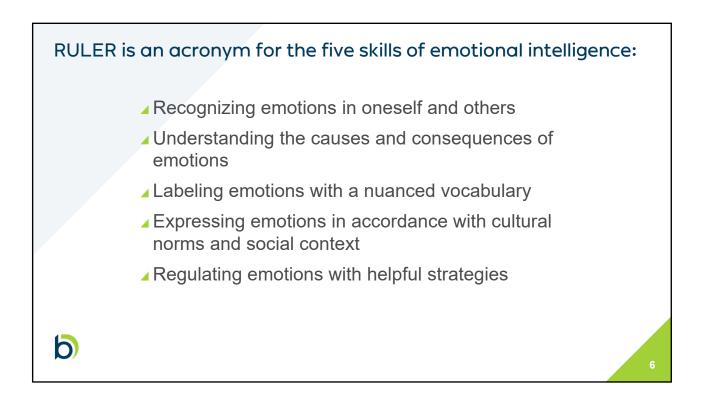


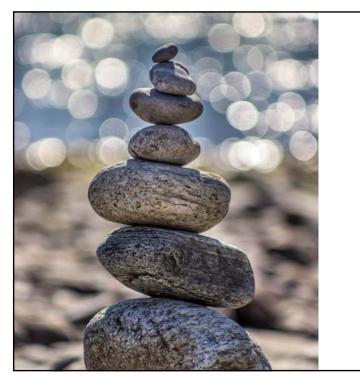
## 4 Areas of Emotional Intelligence:

- Self Awareness
- Self Management
- Social Awareness
- Social Management

<complex-block>







## The Impact of EQ

- ▲ Attention, memory, and learning
- Decision making
- Creativity
- Mental and physical wellbeing
- Ability to form and maintain positive relationships
- Academic and workplace performance



## Labelling

- Labeling our emotion gives us a way to think about the emotion.
- It allows us to communicate our feelings to others, and ask them for support or help.
- It gives us a foundation for helping others who are experiencing difficult emotions.
- It gives us a way to connect with other people, whose emotionality becomes understandable and recognizable to us.

