**The Four Domains of Emotional Intelligence**

**Self-awareness**: *Know yourself and what you're feeling*

Self-awareness is the foundation of personal growth and success. Daniel Goleman calls it the 'keystone' of emotional intelligence. It is the ability to recognize and understand personal moods and emotions and drives, as well as their effect on others. Hallmarks of self-awareness include self-confidence, realistic self-assessment, and a self-deprecating sense of humor. Self-awareness depends on one's ability to monitor one's own emotion state and to correctly identify and name one's emotions.

**Self-regulation**: *Control your reactions*

Self-regulation is the ability to control or redirect disruptive impulses and moods, and the propensity to suspend judgment and to think before acting. Hallmarks include trustworthiness and integrity; comfort with ambiguity; and openness to change.

**Social-awareness**: *Understand other people's feelings*

Social-awareness is the ability to understand the emotional makeup of other people. Emotional intelligence is also about understanding another person’s feelings, their needs and what they are worried about. When you understand what other people are concerned about you are in a strong position to meet their needs.

The important word here is empathy - understanding someone else's point of view. Get this right and people will respond positively to you. Ignore it at your peril!

**Relationship Management**: *Communicate well and manage others*

Proficiency in managing relationships and building networks, and an ability to find common ground and build rapport. Stand up comedians, sales people, politicians, lawyers...these are examples of people who are masters at inspiring and influencing others. They do it by being aware of how people respond to them. Hallmarks of social skills include effectiveness in leading change, persuasiveness, and expertise building and leading teams.

According to Daniel Goleman, emotional intelligence is made up of all the above abilities and is practically applied in business and in our personal lives.

The best part about *emotional intelligence* is that it can be learned, so be inspired and start building emotional intelligence right now. Follow this link to [read more about emotional intelligence and learn practical methods to enhance your emotional intelligence today.](http://www.change-management-coach.com/emotional-intelligence.html)

TASK:

1. Read and annotate the handout. Use detailed Cornell Notes, to identify and define the four domains of Goleman's Emotional Intelligence (place in your binder under the PPS tab.

2. Written reflection (one page typed, double spaced with one inch tabs):

How can the range of fundamental skills identified in emotional intelligence allow you to confidently respond to people and changing situations? How can these practical skills help you to manage change? Do you believe emotional intelligence can benefit you to become a better student and an effective leader in school, your career, and life?

(Place your typed written reflection in your binder under the PPS tab, and print a copy to submit for credit).

3. Prepare ten (10) higher order thinking questions for our upcoming Socratic Seminar.

\_\_\_\_\_/10 ANNOTATIONS +\_\_\_\_\_ /10 CORNELL NOTES +\_\_\_\_\_/30REFLECTION + \_\_\_\_/10 TEN QUESTIONS = \_\_\_\_\_/60TOTAL POINTS