

Goleman's 5 Elements Of Emotional Intelligence:

1. Self Awareness

Self-awareness is the foundation of emotional intelligence. It is the ability to understand your own emotions, but not be ruled by them. Being honest with yourself about your strengths and weaknesses, again *without judgement*, and being open to the willingness to improve.

2. Self Regulation

This is the ability to control your feelings and impulses, to regulate your emotional state. The ability to think before acting. When you are calm in the face of disruption, poor behaviour or distractions, and are able to reflect on the meaning of that behaviour you will be modelling emotional intelligence.

3. Motivation ☆

The willingness to defer gratification for greater results. Developing this aspect of emotional intelligence enhances productivity, initiative and enjoyment of challenge.

4. Empathy

The ability to recognise and understand the feelings, views and needs of others. This skill favours understanding vs quick judgement. It is being able to put yourself alongside another to gain understanding of their experience.

You will consider empathy further in Module 3.

5. Social Skills

The ability to work well as part of a team and recognise the value of relationships, build connections, support others and manage conflict.

We will come back to how important relationships are as a protective factor in positive mental health later.