

# TampaBay • Job • Links

## Fundamentals of Emotional Intelligence

**Emotional Intelligence is:** \_\_\_\_\_

\_\_\_\_\_

### **Domains of Emotional Intelligence:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Self-awareness is:** \_\_\_\_\_

\_\_\_\_\_

### **Competencies of self-awareness**

1. Emotional self-awareness: \_\_\_\_\_

\_\_\_\_\_

2. Accurate self-assessment: \_\_\_\_\_

\_\_\_\_\_

3. Self-confidence: \_\_\_\_\_

\_\_\_\_\_

### **Becoming more self-aware**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

**Self-management is:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Competencies of self-management

1. Emotional Self-Control: \_\_\_\_\_  
\_\_\_\_\_
2. Transparency: \_\_\_\_\_  
\_\_\_\_\_
3. Adaptability: \_\_\_\_\_
4. Achievement: \_\_\_\_\_  
\_\_\_\_\_
5. Initiative: \_\_\_\_\_  
\_\_\_\_\_
6. Optimism: \_\_\_\_\_  
\_\_\_\_\_

## Suggestions for Improving your self-management skills

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Social Awareness is** \_\_\_\_\_

## Competencies of Social Awareness

1. Empathy: \_\_\_\_\_  
\_\_\_\_\_
2. Organizational Awareness: \_\_\_\_\_  
\_\_\_\_\_
3. Service Orientation: \_\_\_\_\_  
\_\_\_\_\_

**How to build social awareness**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Relationship Management is:** \_\_\_\_\_

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**Competencies of Relationship Management**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**Improving your relationship management skills**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_