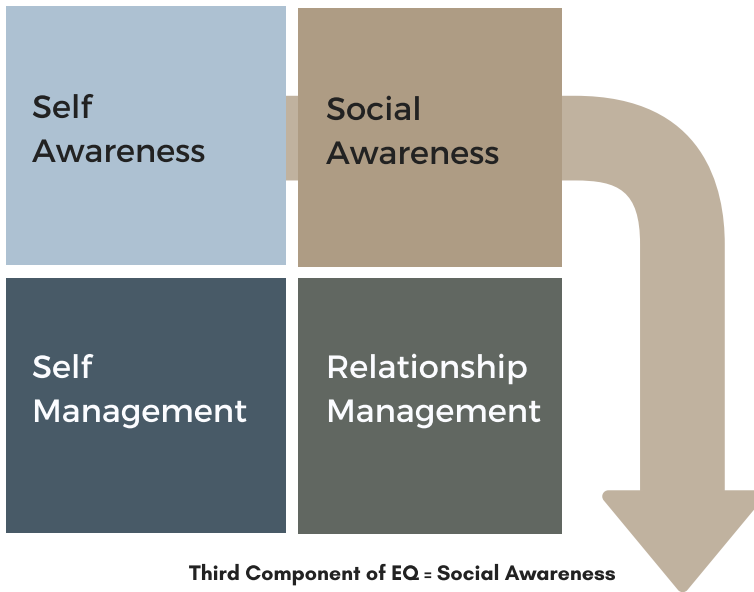


EMOTIONAL INTELLIGENCE Pt 3

Social awareness is the third component of EQ. It is your ability to accurately perceive the thoughts and feelings in other people.

Social awareness ensures you stay focused on the other person and absorb critical information they are communicating both verbally and non-verbally.

You do this through listening to and observing the other. In order to listen well - you have to stop your own inner monologue and your constant attention to your own feelings.



Third Component of EQ = Social Awareness

Beginning skills for cultivating Social Awareness:

1. Curiosity
2. Empathy