

EMOTIONAL INTELLIGENCE FOR YOUTH WORKERS



Become the kind of leader
who inspires, listens & connects

THE 4 PILLARS OF EMOTIONAL INTELLIGENCE

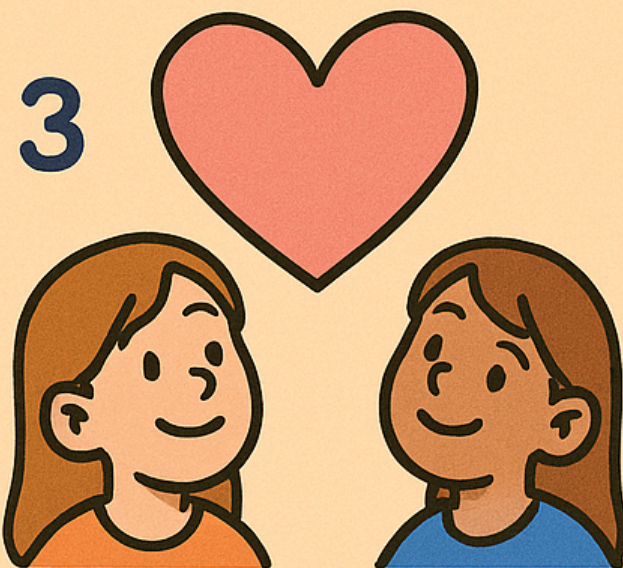
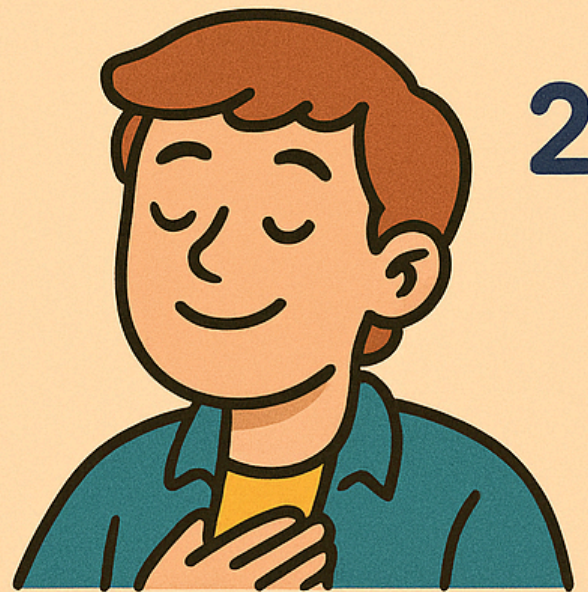


SELF-AWARENESS

recognizing emotions

SELF-MANAGEMENT

handling emotions



SOCIAL AWARENESS

noticing others' emotions

4 RELATIONSHIP SKILLS

interacting well with others



Erasmus+

THE 4 EMOTIONAL ZONES



Erasmus+