

5 components of emotional

intelligence (armor)

AWARENESS

* Recognizing a feeling as it happens
* The ability to monitor feelings from moment to moment
* The development of a language to describe a full range of emotions

REGULATION

* Handling and expressing feelings in healthy, safe, and appropriate ways
* The ability to have emotions match the situation

MOTIVATION

* Responding to internal motivators
* Delayed self-gratification
* Leads to becoming more productive and effective

OTHERNESS

* Recognizing the feelings of others-empathy
* The fundamental “people skill”
* The ability to tune into social signals indicating what others need or want

RESILIENCE

* Also known as “grit”
* The ability to push through difficulties
* Bouncing back from setbacks