

[More info on Social Intelligence](#)

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## **SOCIAL – EMOTIONAL & PERSONAL INTELLIGENCE**

You have an ability to tune into other people's feelings and to respond accordingly.

You know your own feelings and needs and how to fulfil them in a healthy manner. This enables you to understand other people's needs and communicate compassionately and respectfully with them.

You know your own best qualities and find ways and places to develop and express these while adapting to the needs of others around you.

What are the signs of being socially & emotionally intelligent?

What work might suit a person who understands other people's feelings and needs?

What advantage is there in being tuned in to personal feelings and needs?

### **Make a plan to increase your social intelligence!**

I'd love to be more tuned in to other people's feelings/needs in the following situation:

This would help me to be more tuned in to my own or other people's feelings (ask, observe):

When and where I'll have more empathy with my own or other people's feelings & needs:

To remind yourself to do this PRINT or TAKE A PHOTO of this page