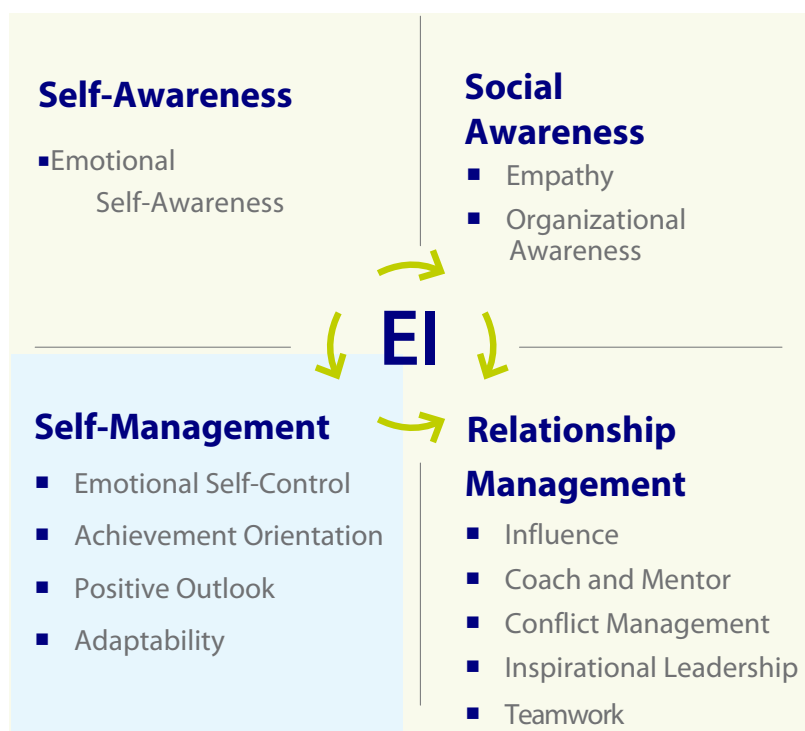


Emotional and Social Intelligence



Overview: self-management

The last cluster of the emotional and social intelligence model is self-management. The four competencies within this cluster include: emotional self-control, achievement orientation, positive outlook and adaptability.

Self-management is how you effectively manage your emotions and control your responses to various situations. Self-management has a strong impact on relationship management and is closely tied to self-awareness.

What competencies make up self-mangement?

Emotional self-control: This competency is the ability to keep your emotions in check and under control. When you are in a situation where you're provoked, demonstrating emotional self-control is restraining yourself from acting out and continuing to get your job done.

Achievement orientation: Achievement orientation is the drive to continuously improve yourself and actually take charge to make it happen.

This may include taking calculated risks and can sometimes even mean bending the rules

Positive outlook: Is your glass half full? If so, you are already demonstrating positive outlook. Positive outlook is seeing the good in challenging situations and believing the future will be better than the past and present.

Adaptability: Being flexible, juggling multiple demands and shifting priorities when necessary are all examples of adaptability. By developing this competency you are proactively helping yourself to deal with change in a positive manner.

The Amygdala Hijack

The amygdala is the brain's control center, it's what determines if our body will react in fight or flight mode. It hijacks our brain and causes us to react before we think. By practicing emotional self-control you can control those impulses to make more rational decisions and deal with situations more effectively.