

The Social Competence of Emotional Intelligence

- Social competence is your ability to understand the moods, behavior, and motives of others in order to improve the quality of your relationships.
- Social awareness is your ability to accurately pick up on others emotions and understand what is really going on in them.
- Relationship management is your ability to use your awareness of your own emotions and those of others to manage interactions successfully.

1. What is the most difficult thing for you about social awareness?

2. What is hard for you about relationship management?

3. Name a situation where you have seen yourself as socially aware and/or managing a situation well.