

PROFESSIONAL DEVELOPMENT & EQ



THE 5 ELEMENTS OF EMOTIONAL INTELLIGENCE



MPEC

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SELF AWARENESS

This is the ability to recognise and understand one's own emotions, as well as their impact on others. Self-awareness allows individuals to recognise their own strengths and weaknesses, and to understand how their emotions may affect their behaviour and interactions with others.



SELF COACHING QUESTIONS TO BOOST MY



SELF AWARENESS

What emotions am I feeling right now, and what are the thoughts or events that are triggering these emotions?

How do these emotions influence my behaviour, and are they in alignment with my core values and goals?



01



SELF REGULATION

This is the ability to manage one's own emotions and impulses, and to adapt to changing circumstances. Self-regulation allows individuals to remain calm under pressure, make considered decisions, and avoid impulsive behavior that may have negative consequences.



SELF COACHING QUESTIONS TO BOOST MY



SELF REGULATION

When a strong emotion arises, what are my immediate coping mechanisms, and how effective are they in the long term?

How can I create a space between my feelings and actions to respond more thoughtfully to emotional triggers?



02



MOTIVATION

This is the ability to use emotions to drive and guide behavior. Motivation allows individuals to set goals, work towards achieving them, and persist in the face of challenges.



SELF COACHING QUESTIONS TO BOOST MY



MOTIVATION

When faced with setbacks or challenges, how do I typically react, and what does this tell me about my intrinsic and extrinsic motivators?

What can I do to sustain my drive when my energy levels are low or when I face repeated obstacles?



03



EMPATHY

This is the ability to recognize and understand the emotions of others, and to respond appropriately. Empathy allows individuals to connect with others on an emotional level, and to build positive relationships.



SELF COACHING QUESTIONS TO BOOST MY



EMPATHY

How do I listen to others, and what can I do to improve my understanding of their perspectives and feelings?

Can I recall a time when I found it difficult to empathise with someone? Why was that? What could I have done differently?



04



SOCIAL SKILLS

This is the skill to communicate effectively, form connections, and handle social interactions. Social skills enable individuals to collaborate in teams, resolve conflicts, and lead others.



SELF COACHING QUESTIONS TO BOOST MY



SOCIAL SKILLS

Reflecting on a recent social interaction, how well did I adapt to the social dynamics present, and what could I have done better?

How do I handle conflict, and what strategies can I employ to resolve disagreements more constructively?



05