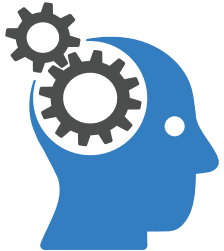


7 Ways To Improve Your Emotional Intelligence

Cheat Sheet

1



Consider Your Emotions

2



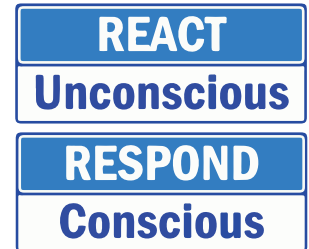
Pay Attention To
Your Own Behaviour

3



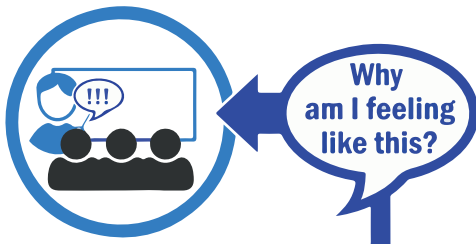
Take Responsibility For
Your Feelings & Behaviour

4



Respond Instead Of React

5



Practice Empathy

6



Create A Positive
Environment

7



It's A Life-Long Process