# The Four Pillars Of Emotional Intelligence

01

### Self-Awareness

- Recognize your own emotions.
- Understand how they influence your actions.

02

# Self-Regulation

- Manage emotions in a healthy way.
- Adapt to changing circumstances.

03

# **Empathy**

- Understand other people's emotions.
- Offer comfort and support.

04

## Social Skills

- Build and maintain relationships.
- Effective communication.

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**Lara Fitzroy** 

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