

# 5 Dimensions of EI by Goleman

## Personal Competence – how we manage ourselves

1. **Self Awareness** – knowing your strengths and weaknesses
2. **Self Regulation** - trustworthiness, responsibility, adaptability,
3. **Motivation** - drive, commitment, initiative, optimism, charisma

## Social Competence - how we handle relationships

4. **Empathy** - awareness of other's feelings and concerns
5. **Social skills** - adeptness at inducing desirable responses, such as communication, conflict management, cooperation, and leadership

Goleman, D. (1998) *What Makes a Leader?*, Harvard Business Review, HBS Publishing