

Summarize the following concept in your own words

What is Emotional Intelligence (EI)?

List the components of EI mentioned in the lesson

What are the five main components of Emotional Intelligence?

Reflect on the following and write your thoughts

How can self-awareness improve your personal and professional life?

Identify the application of EI in a specific scenario

How can EI be applied in conflict resolution within a team?

Describe the following term as it relates to EI

What is empathy and why is it important in EI?

Explain the significance of the following component

Why is self-regulation crucial for effective leadership?

Connect the lesson content to a real-world example

Can you provide an example of how EI can enhance workplace communication?

Share a personal reflection based on the lesson

What is one key takeaway you have about Emotional Intelligence?

Pose a question for further discussion  
What is one question you still have about Emotional Intelligence?

Identify the benefits of the following practice  
How can practicing social skills improve your relationships?