Roger Goleman, Working with Emotional Intelligence

II. Self-Mastery
Ch. 4 The Inner Rudder
amygdala
Emotional Awareness, People with this competence:  p. 54

• Know which emotions they are feeling and why
• Realize the links between their feelings & what they think, do & say
• Recognize how their feelings affect their performance
• Have a guiding awareness of their values and goals
Accurate Self-Assessment, People with this competence are pp. 61-62

- Aware of their strengths & weaknesses
- Reflective, learning from experience
- Open to candid feedback, new perspectives, continuous learning, & self-development
- Able to show a sense of humor & perspective about themselves
Self-confidence, people with this competence  p. 68

- Present themselves with self-assurance; have “presence”
- Can voice views that are unpopular & go out on a limb for what is right
- Are decisive, able to make sound decisions despite uncertainties & pressures