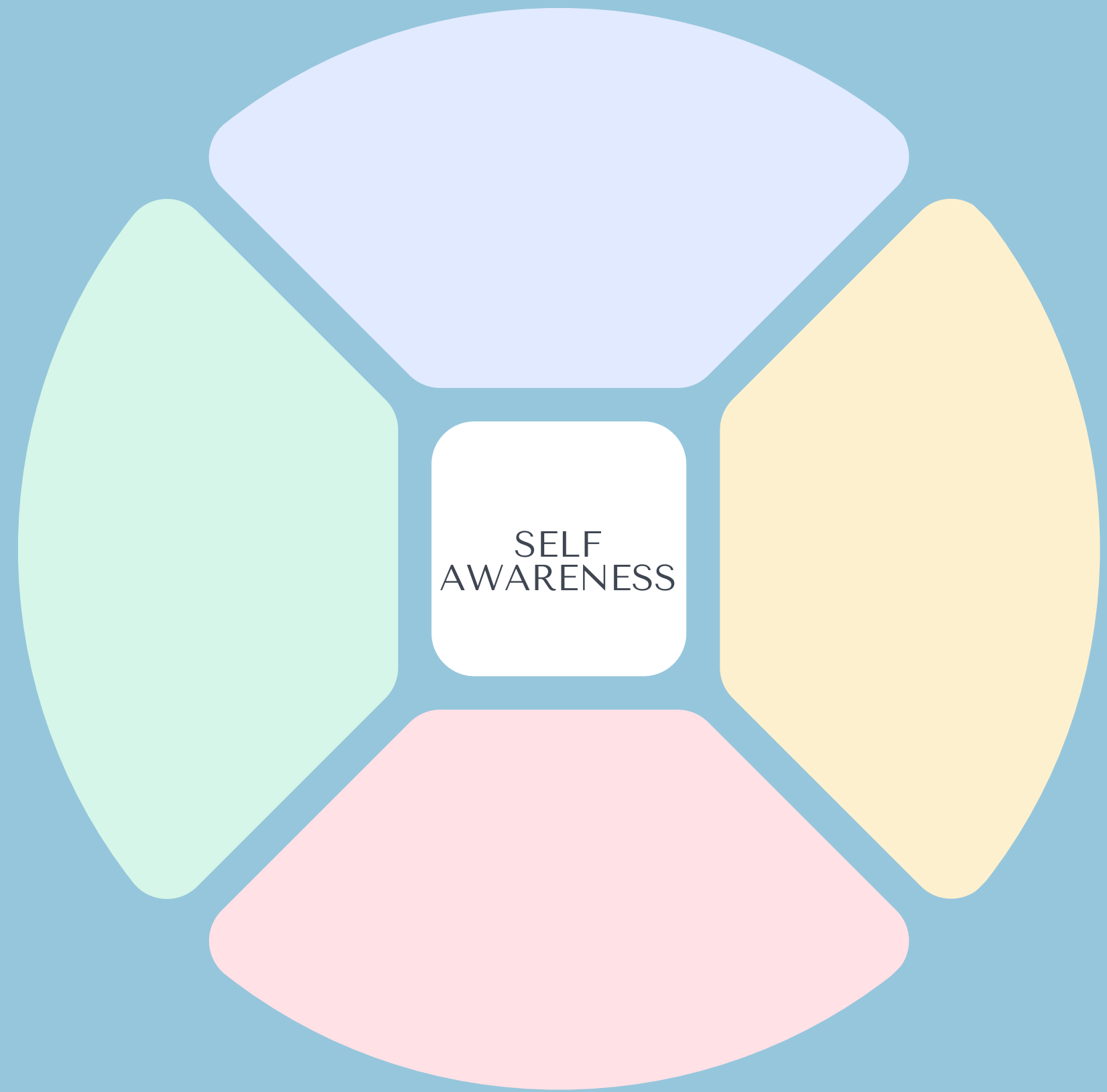


Build EI through self awareness

Building self awareness (knowing ourselves) is a key part of Emotional Intelligence and feedback from others can grow your self awareness.

For this activity, write two adjectives from the following page of words that describe you in each of the boxes.

Now, take a different colour marker and write two adjective in each of the boxes that describe your colleague. Finally, get together to discuss your feedback - what was the same? What was different? What could you learn about yourself through this activity?



flexible

open minded

approachable

resourceful

calm

supportive

direct

talkative

assertive

sensitive

disciplined

solution focused

empathic

confident

focused

cautious

patient

creative

organised

honest

funny

ambitious

bold

insightful

analytical

thoughtful

loyal

warm

optimistic

efficient

good listener

cooperative

