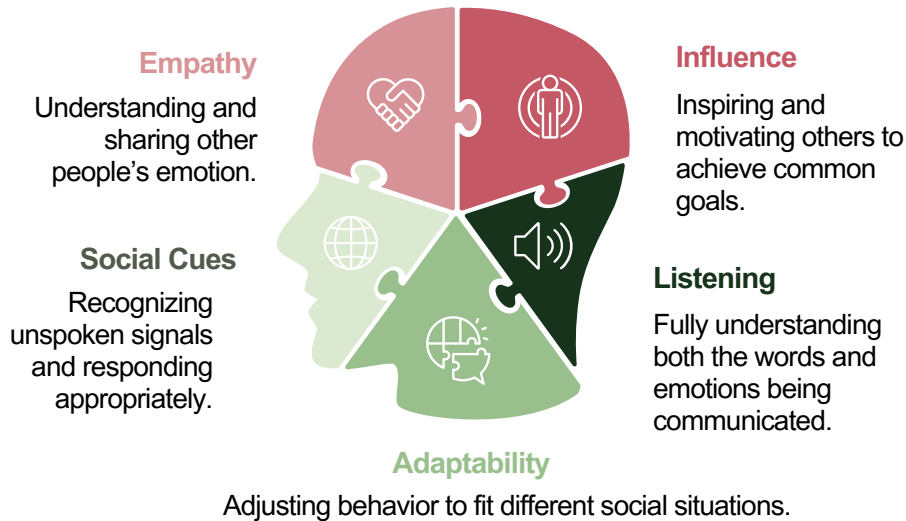


Foundations of Social Awareness

Social Intelligence is about **effectively connecting with others** by understanding their feelings, motives, and actions, and then responding appropriately to achieve desired outcomes.

COMPONENTS OF SOCIAL INTELLIGENCE



WHY CARE ABOUT

SOCIAL INTELLIGENCE?

Social intelligence is the **cornerstone of building and maintaining meaningful relationships**.

Whether in personal or professional settings, it helps you:

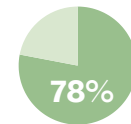
■ Build Stronger Relationships

■ Improve Well-being

■ Succeed at Work

Percentage of social intelligence contributing to **job success**.

58%



of employers **prioritize emotional and social intelligence** over IQ.

📌 Social intelligence is what allows us to function as humans. As social beings, we depend on each other's cooperation. By understanding ourselves and others, we can work together effectively and achieve mutual benefits.

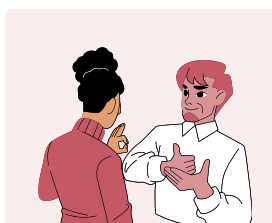
Building Stronger Relationship

Strong relationships aren't formed by chance but are built through mastering essential communication skills. These skills **foster trust** and **lay the foundation for meaningful connections** in both personal and professional contexts.



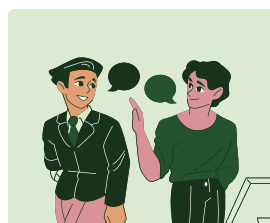
ACTIVE LISTENING

Focus entirely on the speaker by avoiding distractions and reflect their message to ensure understanding.



HANDLING CONFLICTS

Create a safe space by allowing open expression. Make sure to offer support, not immediate fixes.



COMMUNICATION

Avoid interrupting and overloading with information, and focus on clarity while using non-verbal cues.

EMOTIONAL INTELLIGENCE



focuses on managing your own and others' emotions.

SOCIAL INTELLIGENCE



focuses on understanding and navigating social situations.

VS

82%



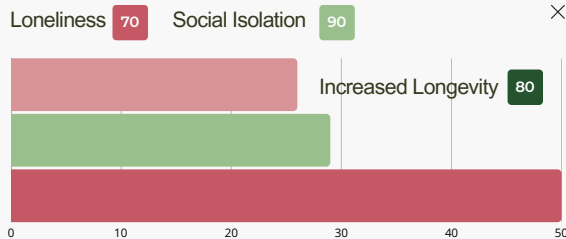
of people with higher social intelligence report stronger personal and professional relationships.

Grow Your Social Circles

Building meaningful relationships isn't just about knowing more people; it's about understanding how to **connect deeply and genuinely**. With social intelligence, you can expand your social circle by forming authentic bonds, positively influencing others, and managing social anxiety.



Impact of Social Connections



Build deeper relationships by being authentic and curious. Show real interest and find common ground to go beyond surface-level conversations.

Example: Instead of saying "That's nice" when someone mentions hiking, ask, "What's your favorite trail?"



Lead with positive values and offer emotional support to inspire those around you.

Example: Encourage a friend struggling with a habit by saying, "You're doing great, keep it up!"



Manage social anxiety through small steps, challenging negative thoughts, and using calming techniques like deep breathing.

Example: Start by socializing in smaller settings, like coffee with one friend, before larger events.

Advance Your Social Skillset

ENHANCE CONVERSATIONAL FLOW

If you've ever struggled to keep a conversation going, it can impact both your social and work life. Here are a few techniques to help:

- 01. Show Genuine Interest**
Ask thoughtful questions to encourage the other person to share more about their thoughts.
- 02. Ask Open-Ended Questions**
Use questions that begin with "**How?**" or "**Why?**" to inspire deeper and more meaningful conversations.
- 03. Avoid Dominating**
Allow the other person to lead by asking follow-up questions, rather than jumping in with your own opinions.
- 04. Use Non-Verbal Cues**
Engaged through **open body language** to create a more inviting space for conversation.

READING THE ROOM

Reading a room means **quickly assessing the mood and dynamics** in a social setting. Here are tips to help you master this skill.



Be mindful of cultural norms, body language, and personal space to avoid misunderstandings.



Adjust your approach based on the room's energy and formality, matching the mood accordingly.



Use empathy to understand emotions and trust your instincts to guide interactions.



Social Intelligence

Cheat Sheet

your logo®

Foundations of Social Awareness

Social Intelligence is about effectively connecting with others by understanding their feelings, motives, and actions, and then responding appropriately to achieve desired outcomes.

COMPONENTS OF SOCIAL INTELLIGENCE

Empathy

Understanding and sharing other people's emotion.

Social Cues

Recognizing unspoken signals and responding appropriately.

Influence

Inspiring and motivating others to achieve common goals.

Listening

Fully understanding both the words and emotions being communicated.

Adaptability

Adjusting behavior to fit different social situations.

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- Well-Being
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