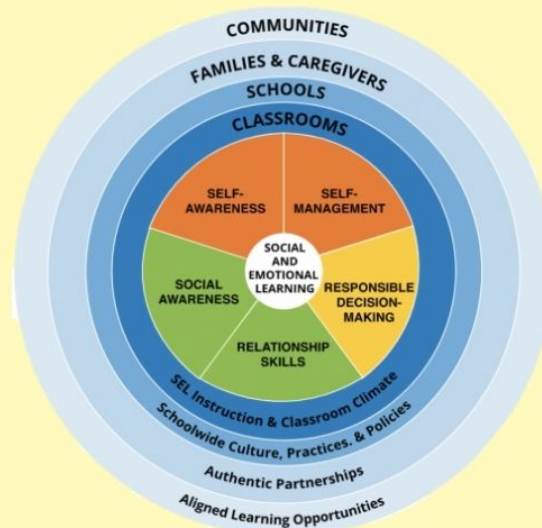


# SOCIAL EMOTIONAL LEARNING

For an empathic relationship you need to:

- Be aware of emotional cues
- Decode each other's non-verbal behavior
- Promoting common expression and understanding
- Taking an interest in the other as if it were ourselves
- Tune in with each other



## Self-awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.



## Self-management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

## Social awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.



## Relationship skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

## Responsible decision-making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.