Topic 9 Worksheet 2

Goleman's Domains

Your Task

Within your group, discuss Goleman's five domains of emotional intelligence listed below.

* Self-Awareness
* Self-Regulation
* Self Motivation
* Social Awareness
* Social Skills

For each domain, write down a description of what your group believes are the key factors that make up this element of Goleman's domains.

|  |  |
| --- | --- |
| **Domain** | **Descriptors** |
| **Self-Awareness** |  |
| **Self-Regulation** |  |
| **Self Motivation** |  |
| **Social Awareness** |  |
| **Social Skills** |  |

Discuss how you can work on improving these domains and share your thoughts with the whole class.