

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## Emotional Agility Assessment Quadrants

	Self	Others
Awareness	<b>SELF-AWARENESS</b> <ul style="list-style-type: none"><li>• Emotional Self-Awareness</li><li>• Accurate Self-Assessment</li><li>• Self-Confidence</li></ul>	<b>SOCIAL-AWARENESS</b> <ul style="list-style-type: none"><li>• Empathy</li><li>• Organizational Awareness</li><li>• Service Orientation</li></ul>
Management	<b>SELF-MANAGEMENT</b> <ul style="list-style-type: none"><li>• Emotional Self-Control</li><li>• Transparency</li><li>• Adaptability</li><li>• Achievement Orientation</li><li>• Initiative</li><li>• Optimism</li></ul>	<b>RELATIONSHIP MANAGEMENT</b> <ul style="list-style-type: none"><li>• Developing Others</li><li>• Inspirational Leadership</li><li>• Change Catalyst</li><li>• Influence</li><li>• Conflict Management</li><li>• Teamwork &amp; Collaboration</li></ul>



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