

INTELIGENCIA EMOCIONAL

La inteligencia emocional es la capacidad del ser humano para comprender, reconocer y gestionar las emociones propias y las ajenas



COMPONENTES

BENEFICIOS

DIDÁCTICAS

- Autoconocimiento
- Autorregulación
- Automotivación
- Empatía
- Habilidades interpersonales

- · Bienestar y salud mental
- Resolución de conflictos
- Gestión emocional
- Asertividad y liderazgo
- · Conciencia social
- Mejor toma de decisiones

- Redactar un diario
- Leer
- Crear mapas mentales
- Hacer teatro
- Arte, música y escritura
- Debate y conversación

Su Inteligencia Emocional

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