The emotional and social competency framework

- **Awareness**
  - Emotional self-awareness
  - Emotional self-control
  - Adaptability
  - Achievement orientation
  - Positive Outlook

- **Actions**
  - Self awareness
  - Social awareness
  - Self management
  - Relationship management

- **Others**
  - Empathy
  - Organizational awareness
  - Influence
  - Inspirational leadership
  - Coach and mentor
  - Conflict management
  - Teamwork

Positive impact on results/performance