

A INTELIXENCIA EMOCIONAL



**Pódese aprender!!
Xunt@s podemos**



Yes, we can!



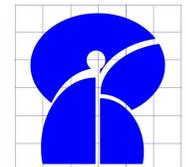
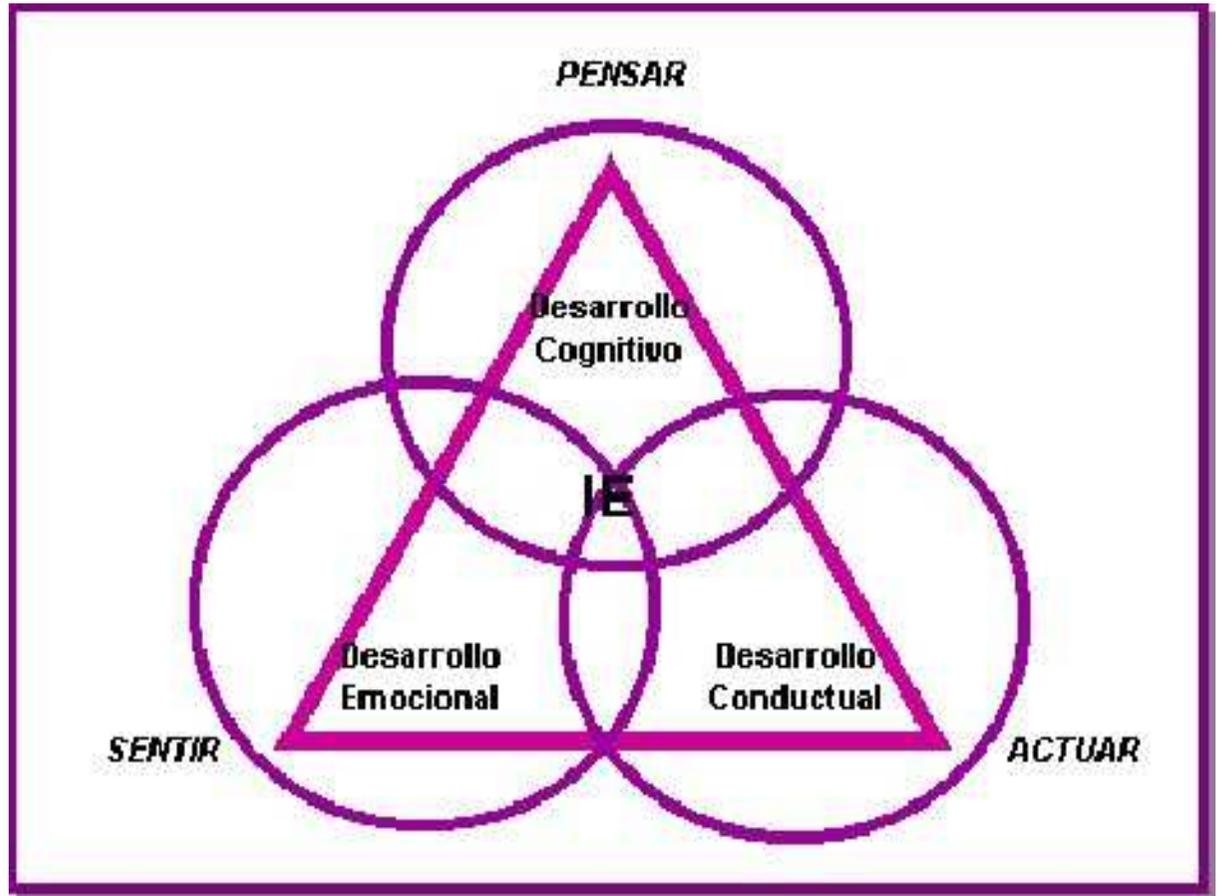
INTELIXENCIA EMOCIONAL



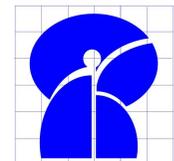
Intelligence Quotient (IQ)

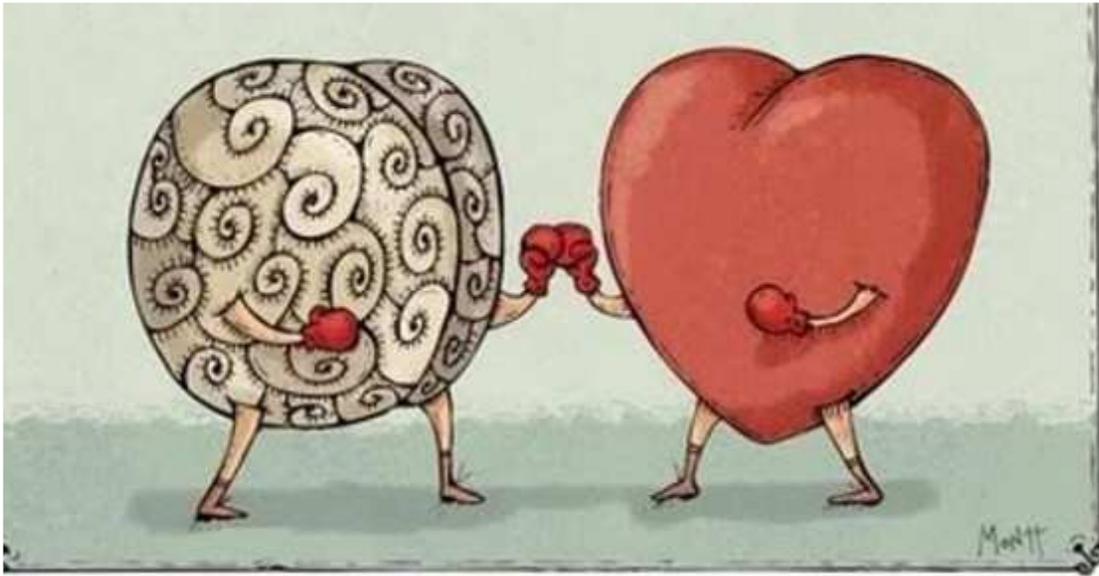


Emotional Quotient (EQ)



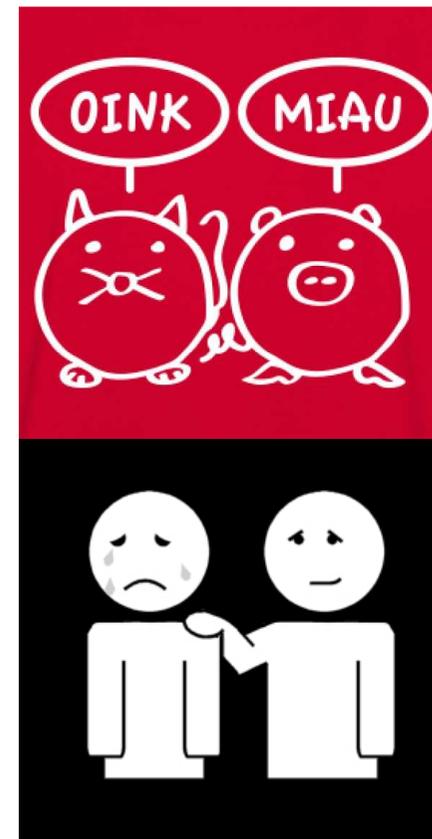
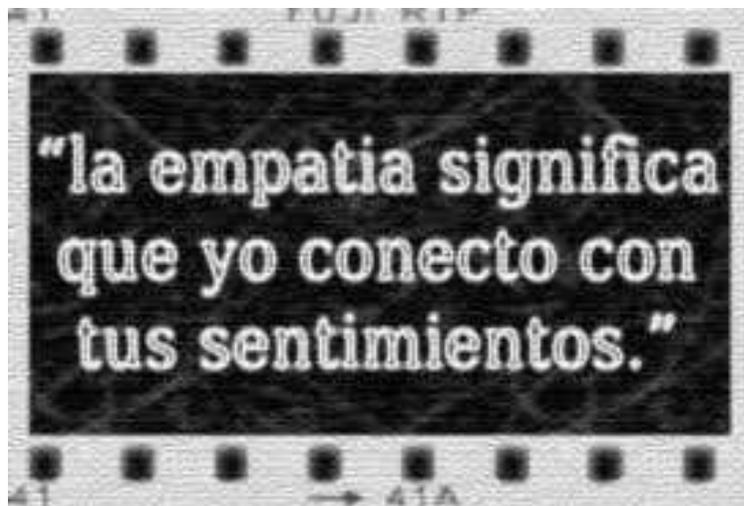
**Tomar consciencia do que
somos, aceptarnos:
autoconcepto e autoestima**







Empatía:



Deriva do grego empáttheia (mesmo sentimento).

Chámase tamén:

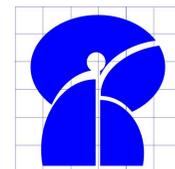
intelixencia interpersonal



Motivación:



PIRÁMIDE DE MASLOW



Asertividade:



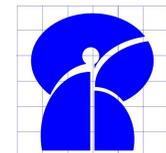
YO NO SOY
ASERTIVO, YO
SOY PERFECTO
Y SIEMPRE
TENGO RAZÓN
EN TODO.



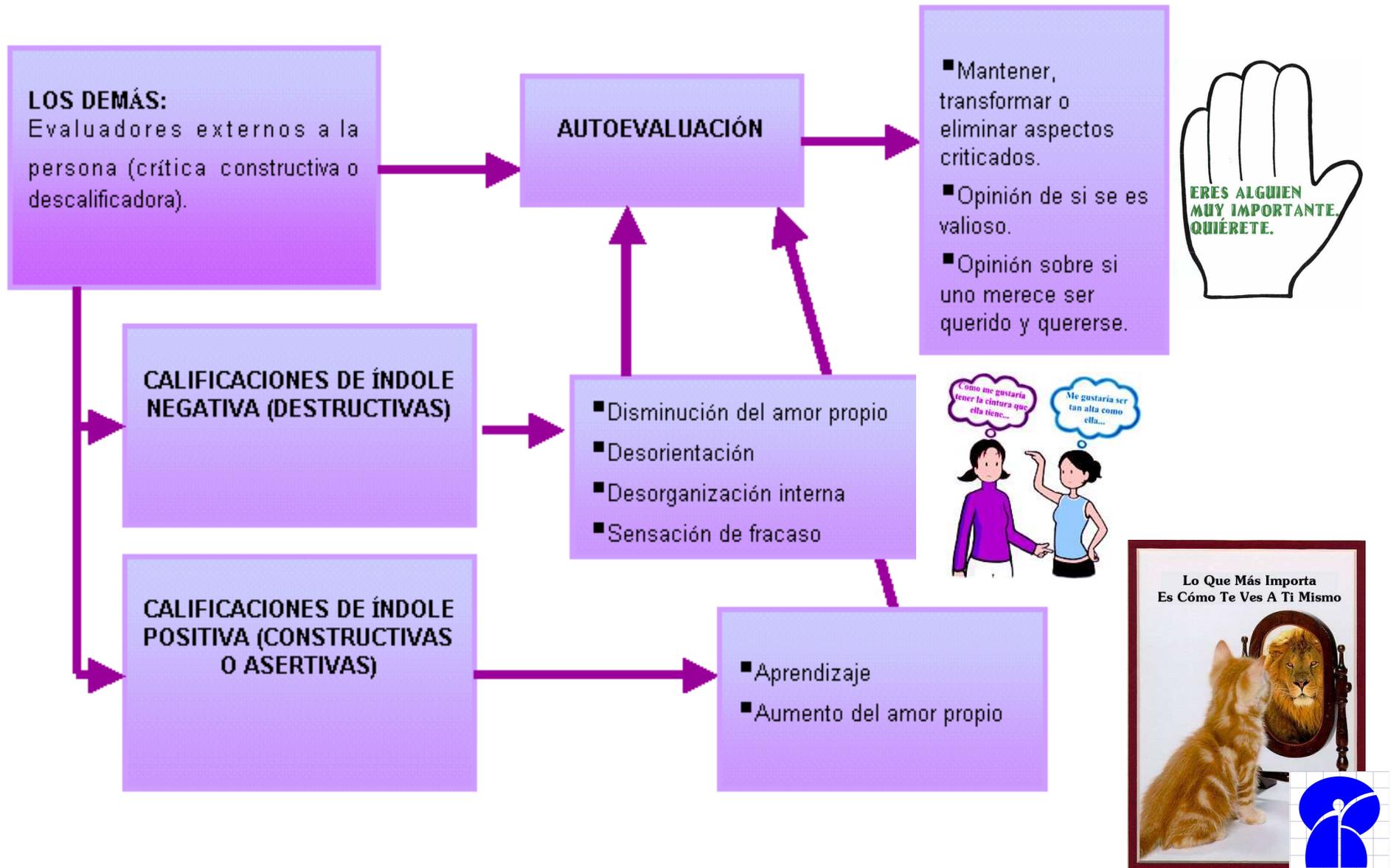
¡APRENDED
LA DIFERENCIA,
DÉBILES E
INSULSOS
MORTALES!



- Respectarse a sí mismo e a os demáis.
- Saber decir non!
- Resolver conflictos pacíficamente



Autoestima:






Expresate



APRENDE A CRECER

