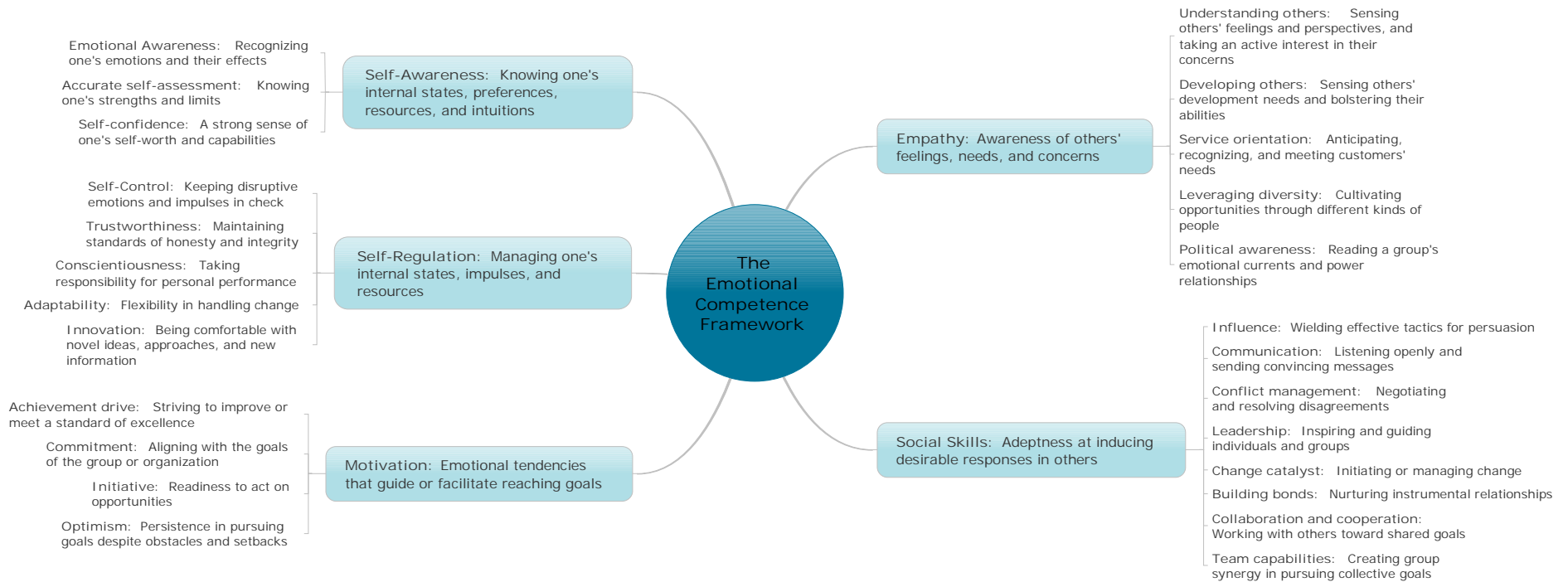


Personal Competence: These competencies determine how we manage ourselves.

Social Competence: These competencies determine how we handle relationships.



*Adapted from the works of Daniel Goleman, *Emotional Intelligence* and *Working with Emotional Intelligence* .