

# A Framework of Social Competencies

	<b>SELF</b> Personal Competence	<b>OTHER</b> Social Competence
<b>Recognition</b>	<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>▪ Service orientation</li> <li>▪ Organizational awareness</li> </ul>
<b>Regulation</b>	<b>Self-Management</b> <ul style="list-style-type: none"> <li>▪ Self control</li> <li>▪ Trustworthiness</li> <li>▪ Conscientiousness</li> <li>▪ Adaptability</li> <li>▪ Achievement orientation</li> <li>▪ Initiative</li> </ul>	<b>Relationship Mgmt.</b> <ul style="list-style-type: none"> <li>▪ Developing others</li> <li>▪ Influence</li> <li>▪ Communication</li> <li>▪ Conflict management</li> <li>▪ Leadership</li> <li>▪ Change catalyst</li> <li>▪ Building bonds</li> <li>▪ Teamwork &amp; collaboration</li> </ul>

*Primal Leadership by Goleman, Boyatzis & McKee, 2002.*