Social Intelligence

❤️ Strength of heart
What is social intelligence?

The ability to connect with other people
“Human beings are social creatures.... [S]imply to exist as a normal human being requires interaction with other people.”

— Atul Gawande
Social intelligence is as important as IQ when it comes to happiness, health, and success. Empathetic people are less likely to experience anxiety, depression, and addictions later in life. They are also more likely to be hired, promoted, earn more money, and have happier marriages and better-adjusted children.
Pulse Check

How many of these things are true for you?

• I have a lot of relationships that are mutually beneficial, enjoyable, and supportive.
• Most of the time, I can tell how other people feel and have a good idea about how to respond appropriately.
• My relationships make me feel good about myself.
• The people in my life help me be my best.