



Nombre del alumno:

Jesús López Gómez.

Nombre del profesor:

Psi: Adriana Nájera

Nombre del trabajo:

Materia:

Desarrollo humano

Grado:

Grupo:

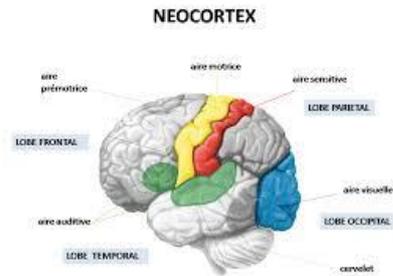
Ocosingo Chiapas a 6 de Junio de 2020.

Inteligencia emocional

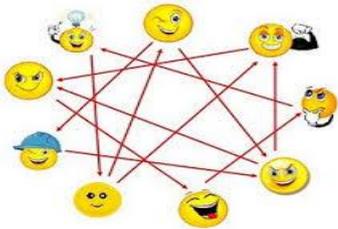
Definición: comprender, percibir y manejar.



Origen emocional.
Neocortex.



Características:
Bienestar, Conocimiento, Empatía,
Comprensión y Comunicación



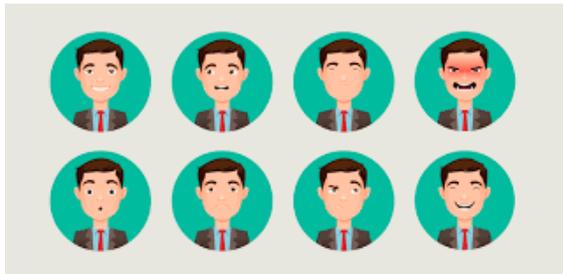
Comunicación emocional:
Relación, Evitar, Justificar



Control emocional
Instintiva, Miedo, Pensar, Control
experimental, Expresar.

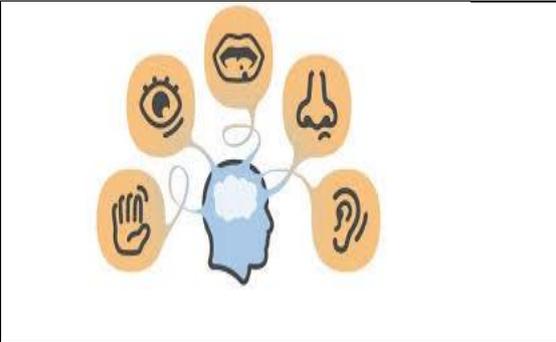


Importancia.
Evitar, enseñar, identificar.



Receptores

Autoestima



Conocerme

An illustration of two people standing in front of a mirror. The person on the left is seen from the back, while the person on the right is facing forward but has a large question mark on their face, symbolizing self-discovery or uncertainty.

Factores que integran
Responsabilidad, Respeto, Valor,
Limite y Acto

An illustration of a man in a grey suit and red tie, carrying a briefcase, reaching out his hand to help a small child with a yellow backpack who is walking towards him.

Pilares
Autoafirmación, Autorresponsabilidad,
Integridad.

A silhouette of a girl's head in profile, facing right. The top of her head is open, and a variety of colorful educational icons (like a lightbulb, pencil, ruler, and atom) are floating out of it, representing knowledge and learning.