



# 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

# Why does social intelligence matter?

- 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.

