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RECAP:

Last night was a great example of how leaders can sometimes have one bad performance that can undo a history of success. Kendra, on the other hand, ended the season extremely well. We know that Donald Trump picked Kendra because of her ability to lead a difficult team. If we look further, we know that her skills display the concept of emotional intelligence.

THE FOLLOWING SKILL SETS ARE THOSE THAT MAKE UP THE CONCEPT OF EMOTIONAL INTELLIGENCE:

1. Intrapersonal Skills
2. Interpersonal Skills
3. Stress Tolerance
4. Adaptability
5. General Mood

Intrapersonal skills, awareness of your own emotional states, serves as the foundation for all other emotional intelligence skills.