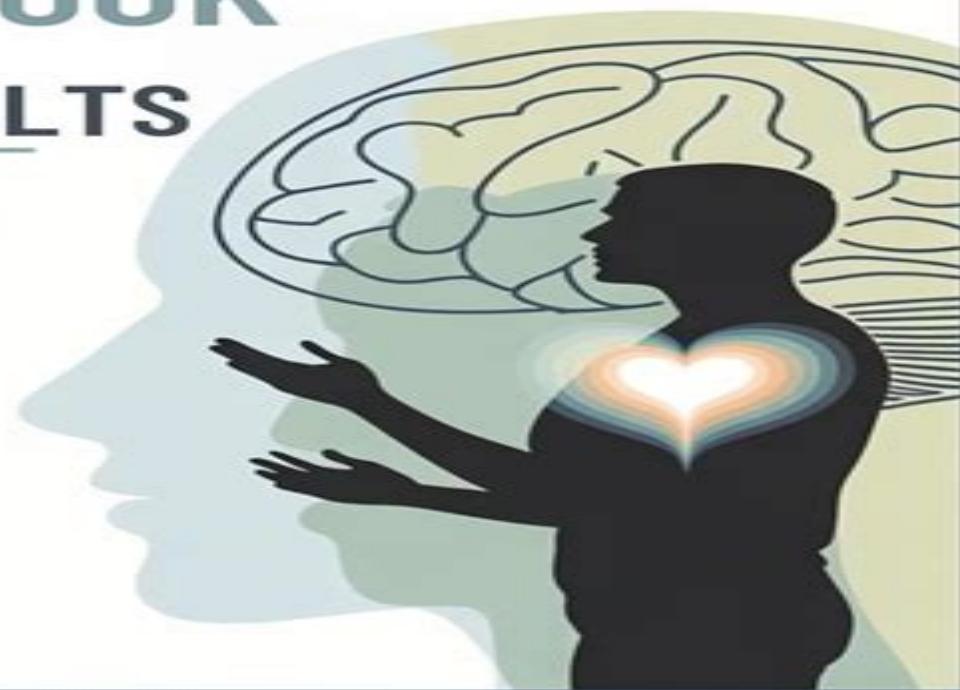


EMOTIONAL INTELLIGENCE WORKBOOK FOR ADULTS

Practical Exercise
to Improve
Self-awareness,
Emotional
Regulation,
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and Relationships



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Ebook Emotional Intelligence Workbook

Ronél Le Roux,Rina De Clerk

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EQ including what each looks and sounds like in deficit and excess and what actions or developed skills could lead to better performance or greater balance Designed to support both trainers and end users directly it includes over seventy suggested experiments and action steps to support people wanting to move beyond simple EQ insight to more meaningful development

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