

A NEW HARBINGER SELF-HELP WORKBOOK



THE

EMOTIONAL INTELLIGENCE SKILLS WORKBOOK

- EXPRESS YOURSELF EFFECTIVELY
- MANAGE OVERWHELMING EMOTIONS
- LEAD WITH YOUR VALUES
- CONNECT WITH OTHERS

IMPROVE COMMUNICATION AND
BUILD STRONGER RELATIONSHIPS

STEPHANIE CATELLA, PSYD | MATTHEW MCKAY, PHD

FOREWORD BY ROBYN D. WALSER, PHD

Framework Emotional Intelligence Workbook

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