

# EMOTIONAL INTELLIGENCE WORKBOOK FOR KIDS

AGES 5-12



Written by Cheryl Sexton,  
Licensed Marriage & Family Therapist

# Primer Emotional Intelligence Workbook

**Paul Gerhardt, PhD.**



## **Primer Emotional Intelligence Workbook:**

*Building Blocks of Emotional Intelligence* Daniel Goleman, Richard Boyatzis, Richard Davidson, Vanessa Druskay, George Kohlrieser, Matthew Lippincott, Matthew Taylor, Michele Nevarez, Amy Gallo, Ann Flanagan Petry, George Pitagorsky, Annie McKee, Metta Miriam Böll, Peter Senge, 2017-12-12 A collection of Key Step Media's 12 primers on the essential competencies in the Emotional Intelligence model

*Emotional Self-Awareness* Daniel Goleman, Richard Boyatzis, Richard Davidson, Vanessa Druskat, George Kohlrieser, 2017-01-12

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**The Manager's Pocket Guide to Emotional Intelligence** Emily A. Sterrett, 2000 This guide covers the critical emotional qualities that can have a greater impact on success than general intellectual intelligence Includes best practices on how to enhance self confidence empathy self control and other important emotional competencies

**Positive Outlook** Daniel Goleman, Richard Boyatzis, Richard J. Davidson, Vanessa Druskat, 2021-07-30

*Mindfulness and Wellbeing for Student Learning: A Guided 5-Week Course* Lorraine Millard, Louise Frith, Patmarie Coleman, 2023-01-16 Study and student life is inherently stressful When students go to university or college they enter a competitive world where their value is judged by each assignment they submit Deadlines are always looming and often they seem to pile on top of each other meaning that students have to complete multiple assignments within days of each other And this is just the study element of university life the social side of student life can at once be exhilarating and overwhelming or an anti climax For many students it is their first time away from home so they have the stress of making new friends and forging their identity Local and mature students need to integrate their existing life perhaps with caring responsibilities and paid employment with a new life of study and deadlines As a result they can have many competing expectations of themselves This introduction to mindfulness starts with a focus on the breath as an anchor to the body It uses the main lessons of mindfulness which include bringing attention automatic pilot staying in the present thoughts are not facts practicing loving kindness and cultivating curiosity It provides students with strategies to help them cope with the demands of being a student and how to navigate a path to achieve a sense of balance in their lives enabling them to achieve their potential It also provides guided meditation scripts and session plans for anyone wanting to lead a

mindfulness group The book will consist of five chapters plus an introduction and conclusion This follows the structure of the course that we run Each chapter begins with a story vignette about student life which puts the meditation into context There will be a guided meditation in each chapter and activity reflection exercises Louise Frith is a Student Learning Adviser at the University of Kent UK She teaches academic literacy to students across the disciplines with particular focus on supporting students on the social work programmes Lorraine Millard a Student Counsellor at Kent and mindfulness practitioner She is a UKCP accredited Psychotherapist and Supervisor with over 30 years experience in varied settings Patmarie Coleman is a senior counsellor at the University of Kent and also has a private supervision practice in South East London

*Emotional Self-Control* Daniel Goleman, Richard E. Boyatzis, George Kohlrieser, Richard J. Davidson, Vanessa Druskat, 2017

*The Little Book of Emotional Intelligence* Andy Cope, Amy Bradley, 2018-06-26

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Influence Daniel Goleman, Richard Boyatzis, Vanessa Druskat, Matthew Lippincott, Peter Senge, Matthew Taylor, 2021-07-30

**Teamwork** Daniel Goleman, Richard Boyatzis, Vanessa Druskat, Matthew Lippincott, Ann Flanagan Petry, 2021-07-30

**Empathy** Daniel Goleman, Richard Boyatzis, Richard J. Davidson, Vanessa Druskat, George Kohlrieser, 2021-07-30 Empathy means having the ability to sense others feelings and how they see things A quick read for anyone wanting to improve their own or their team s

leadership skills this Primer features thought leaders who are championing research in this field Daniel Goleman Richard Boyatzis Richard Davidson and Vanessa Druskat The Emotional Intelligence Primer Dr Don R Booz, 2017-11-16 Whether you are seeking the elusive key to help you open the door to the next level of your career or you are already doing well as a leader and are ready to do even better mastering emotional intelligence can be the difference that makes the difference Emotional intelligence is the ability to be self aware of our emotions and to recognize understand and manage their influence on us That is the essence of emotional intelligence reprogramming ourselves to be more proactive instead of emotional and reactive When we do not fully understand our options our unconscious programs will make choices for us When we are more self aware we are better able to self regulate because we recognize the emotional impact we have on those around us The emotionally intelligent leader knows that effective leadership requires us to be more in tune with ourselves and thus more able to interact positively with others This practical primer provides you hands on guidance for how to apply your emotional intelligence effectively in the workplace Learn to really listen disarm your inner critic recognize and deal with multiple messages avoid triangles make meetings more meaningful master empathy and more With easy to read chapters and five days of exercises for each skill mastering emotional intelligence and all its benefits is just a book away Harness your emotional intelligence to increase your effectiveness as a leader and run the organization of your dreams **Future Fit** Andrea Clarke, 2025-02-12 Prepare for the future with the eight skills needed to become future fit Winner Australian Business Book of the Year 2019 Finalist UK Business Book Awards 2020 Finalist Australian Career Book of the Year 2019 The need for skills that defy disruption has never been so urgent as traditional workplace models give way to confronting new rules of engagement If you are looking for job security growth and acceleration in a radical new workforce then Future Fit is the place to start Award winning author Andrea Clarke shares her experience expertise and tactical advice on how to become truly future fit The future of work is here and it's about talent your talent It's about upgrading our human skills because they're landing differently in a hybrid environment says Clarke These skills are powerful differentiators in a dynamic and demanding new workplace Using her experience from a vibrant and varied career Clarke explores the eight real skills we need for the future Reputation Capital Adaptability Communication Networking Creativity Problem solving Leadership and Learning A former Washington DC news reporter Iraqi humanitarian aid worker and EdTech pioneer Clarke founded FutureFitCo in 2012 a business that trains emerging leaders to accelerate these core competencies The Future Fit Digital Program adapted from this book is delivered globally to multi national organisations Future Fit is a potent toolkit for anyone wanting not only to keep up with the head spinning pace of workplace change but to position themselves to excel within it Sydney Morning Herald Organizational Awareness Daniel Goleman, Richard Boyatzis, Vanessa Druskat, Michele Nevarez, George Pitagorsky, 2021-07-30 **Emotional Intelligence Workbook** Paul Gerhardt, PhD., 2015-02-21 Emotional intelligence EI is the single most important thing every person must develop in order to have successful careers and home life Contemporary

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*The Unopened Gift* Dan Newby, Lucy Nunez, 2017-03-23 The Unopened Gift reveals what we have not yet understood about emotions. That emotions aren't in competition with reason but are an essential part of thinking that they are constantly giving us information about the world around us.

*Conflict Management* Daniel Goleman, Richard Boyatzis, George Kohlrieser, Amy Gallo, Matthew Lippincott, George Pitagorsky, 2021-07-30

*The Emotional Intelligence Skills Workbook* Stephanie Catella, Matthew McKay, 2024-04-01 It's natural to feel intense emotions in the face of interpersonal conflict but if we allow these feelings to overpower us our relationships with other people can suffer as a result. In *The Emotional Intelligence Skills Workbook* psychologists Matthew McKay and Stephanie Catella draw from emotion efficacy therapy (EET) and acceptance and commitment therapy (ACT) to offer readers a wealth of practical skills they can use to navigate difficult conversations effectively while maintaining important relationships.

**Emotional Intelligence 2.0** Travis Bradberry, Jean Greaves, 2009 Includes a new enhanced online edition of the world's most popular emotional intelligence test.

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