



# **EMOTIONAL** **INTELLIGENCE** WORKBOOK

# Collection Emotional Intelligence Workbook

**Paul Gerhardt, PhD.**



## **Collection Emotional Intelligence Workbook:**

**The Emotional Intelligence Workbook: Teach Yourself** Jill Dann, Derek Dann, 2015-09-10 Do you want to be able to persuade influence or empathise with people in any situation Do you want to be able to click with people instantly Do you want people to trust you This new Teach Yourself Workbook doesn't just tell you what emotional intelligence is It accompanies you every step of the way with diagnostic tools goal setting charts practical exercises and many more features ideal for people who want a more active style of learning The book starts by helping you identify the behaviours associated with emotional intelligence and whether you are currently doing them It then helps you set specific goals to improve on as you progress through the book you will be able to keep checking your progress against these goals Specially created exercises using the tools of NLP hypnotherapy and cognitive psychology will help you to boost your emotional intelligence so that you can reach your potential in any situation *Emotional Intelligence Skills Guide and Workbook* Paul

Gerhardt, 2019-07-21 The best book on emotional intelligence skill building available Based upon the latest research this is perhaps the greatest tool ever developed to help leaders and employer of all levels develop the much needed emotional intelligence skills needed to develop better relationships manage potential conflict lower employee turnover and build trust This workbook breaks down key concepts in plain easy to read and easy to follow lessons to help you grow your emotional intelligence skills Read the short lessons reflect then build your skills by doing the short writing assignments at your own convenience Dr Paul Gerhardt has been teaching diversity and leadership skills since 2000 to thousands of leaders from many different organizations across the United States Visit [www.SupervisionEssentials.com](http://www.SupervisionEssentials.com) for other great training products and leadership lessons **Working with Emotional Intelligence** Daniel Goleman, 1998 Daniel Goleman's

bestselling *Emotional Intelligence* revolutionized the way we think about personal excellence Now he brings his insight into the workplace in a book sure to change the shape of business for decades to come In *Working with Emotional Intelligence* Goleman reveals the skills that distinguish star performers in every field from entry level jobs to top executive positions He shows that the single most important factor is not IQ advanced degrees or technical expertise but the quality Goleman calls emotional intelligence Self awareness self confidence and self control commitment and integrity the ability to communicate and influence to initiate and accept change these competencies are at a premium in today's job market The higher up the leadership ladder you go the more vital these skills become often influencing who is hired or fired passed over or promoted As Goleman shows we all possess the potential to improve our emotional intelligence at any stage in our career He provides guidelines for cultivating these capabilities and also explains why corporate training must change if it is to be effective

**Emotional Intelligence** Daniel Goleman, 2005-09-27 1 BESTSELLER The groundbreaking book that redefines what it means to be smart with a new introduction by the author A thoughtfully written persuasive account explaining emotional intelligence and why it can be crucial USA Today Everyone knows that high IQ is no guarantee of success happiness or virtue

but until Emotional Intelligence we could only guess why Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our two minds the rational and the emotional and how they together shape our destiny. But why is emotional intelligence important? Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart, and they aren't fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood, with immediate benefits to our health, our relationships, and our work. The twenty-fifth anniversary edition of Emotional Intelligence could not come at a better time: we spend so much of our time online, more and more jobs are becoming automated and digitized, and our children are picking up new technology faster than we ever imagined. With a new introduction from the author, the twenty-fifth anniversary edition prepares readers now more than ever to reach their fullest potential and stand out from the pack with the help of EI.

**HBR Emotional Intelligence Boxed Set (6 Books) (HBR Emotional Intelligence Series)** Harvard Business Review, Daniel Goleman, Annie McKee, Bill George, Herminia Ibarra, 2018-03-27. How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work, lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. The specially priced six-volume set includes: Mindfulness, Resilience, Influence, and Persuasion, Authentic Leadership, Happiness, and Empathy. [Empathy \(HBR Emotional Intelligence Series\)](#) Harvard Business Review, Daniel Goleman, Annie McKee, Adam Waytz, 2017-04-18. Using empathy around the workplace. Empathy is credited as a factor in improved relationships and even better product development. But while it's easy to say just put yourself in someone else's shoes, the reality is that understanding the motivations and emotions of others often proves elusive. This book helps you understand what empathy is, why it's important, how to surmount the hurdles that make you less empathetic, and when too much empathy is just too much. This volume includes the work of Daniel Goleman, Annie McKee, Adam Waytz. This collection of articles includes: What Is Empathy by Daniel Goleman, Why Compassion Is a Better Managerial Tactic Than Toughness by Emma Seppala, What Great Listeners Actually Do by Jack Zenger and Joseph Folkman, Empathy Is Key to a Great Meeting by Annie McKee, It's Harder to Empathize with People If You've Been in Their Shoes by Rachel Rutton, Mary Hunter McDonnell, and Loran Nordgren, Being Powerful Makes You Less Empathetic by Lou Solomon, A Process for Empathetic Product Design by Jon Kolko, How Facebook Uses Empathy to Keep User Data Safe by Melissa Luu Van, The Limits of Empathy by Adam Waytz, and What the Dalai Lama Taught Daniel Goleman About Emotional Intelligence, an interview with Daniel Goleman by Andrea O'Leary. How to be human at work. The HBR Emotional Intelligence Series.

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This new Teach Yourself Workbook doesn't just tell you what emotional intelligence is. It accompanies you every step of the way with diagnostic tools, goal setting charts, practical exercises and many more features ideal for people who want a more active style of learning. The book starts by helping you identify the behaviours associated with emotional intelligence and whether you are currently doing them. It then helps you set specific goals to improve on as you progress through the book. You will be able to keep checking your progress against these goals. Specially created exercises using the tools of NLP, hypnotherapy and cognitive psychology will help you to boost your emotional intelligence so that you can reach your potential in any situation.

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