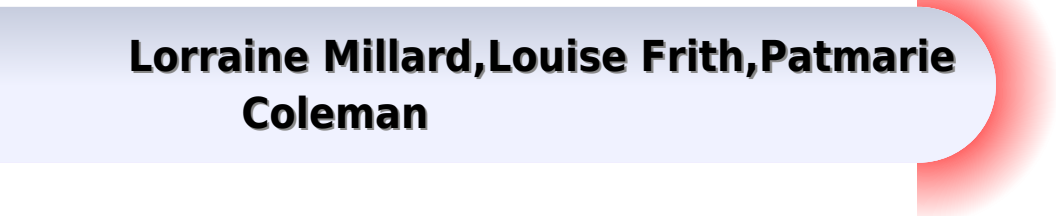




EMOTIONAL **INTELLIGENCE** WORKBOOK

Primer Emotional Intelligence Workbook

**Lorraine Millard, Louise Frith, Patmarie
Coleman**



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

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

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

The Little Book of Emotional Intelligence Andy Cope, Amy Bradley, 2018-06-26 A SELF HELP MANUAL FOR HUMAN BEINGS The Little Book of Emotional Intelligence is an immediate outcome focused primer on the important topic of EQ which provides practical no nonsense life advice and takes a sideways look at a world which is complicated and overwhelming at times Do you seem to spend half your life counting down the days til your next holiday Does it sometimes feel like your life is being lived on fast forward with little time for reflection or idle amusement It s time to stop kicking happiness into the long grass and get on with really living Funny colourful and profound this book is a gripping manual for the human mind enabling you to understand and control your emotions communicate better unpick limiting beliefs and finally get around to living a happier more balanced life

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Boyatzis Richard Davidson and Vanessa Druskat **The Emotional Intelligence Primer** Dr Don R Booz, 2017-11-16

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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

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