



EMOTIONAL **INTELLIGENCE** WORKBOOK

Paperback Emotional Intelligence Workbook

Paul Gerhardt, PhD.



Paperback 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

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Emotional Intelligence: How to Manage Your Emotions and the Emotions of Others

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Emotional Intelligence Rina De Klerk,Ronél Le Roux,2009-11-26 **The Student EQ Edge** Korrel Kanoy,Steven J. Stein,Howard E. Book,2013-01-28 THE STUDENT EQEDGE Facilitation and Activity Guide This Facilitation and Activity Guide is a companion to the book The Student EQ Edge Emotional Intelligence and Your Academic and Personal Success It offers faculty and facilitators a hands on resource for helping students reach their potential by tapping into the power of emotional intelligence The Facilitation Guide includes exercises and activities which are designed to help students develop confidence independence the ability to set and meet goals impulse control social responsibility problem solving skills stress tolerance and much more all of which help improve academic success The Guide also contains a wealth of illustrative case studies questions for student reflection movie selections and TV shows that illustrate emotional intelligence and a self development plan The single best resource on emotional intelligence in student affairs The Student EQ Edge Student Workbook and Facilitation and Activity Guide are well organized creative and offer everything an emotional intelligence facilitator would need in a fast paced student affairs environment The examples are soundly constructed and resonate with students These materials are my go to resources Candice Johnston associate director of student leadership and organizations Wake Forest UniversityIf I were building a new course to improve student success it would be founded on emotional intelligence All the instruction in the world on study skills cannot touch the advantages that come to students who are able to manage their emotional intelligence And the best news of all is that these skills can be taught EQ skills make the difference Randy L Swing executive director Association for Institutional Research This Facilitation and Activity Guide is particularly useful offering options from which the facilitator can draw in preparing assignments or learning community meetings The focus on learners needs and particularly an authentic exploration of self and purpose is practical yet has the potential to draw students to a deeper understanding of self that will draw them to high performance and contribution to others Dennis Roberts assistant vice president for faculty and student services for the Qatar Foundation **A Practical Workbook for Social Emotional Intelligence** Selena J. Wilson,2019-09-19 Emotional Intelligence is the most crucial education we can give our youth today Finally a book for teens to cut out needless drama and create their best life This simple guide is interactive grounded in science and inspired by The Four Agreements by Don Miguel Ruiz Readers will discover the anatomy of stress learn proactive ways to take control of their physiology and gain valuable personal insight behind their own habitual behaviors and patterns The tools revealed in this book are both cutting edge and timeless and will empower anyone who does the work to completely transform their life for the highest good Great for individuals or groups such as classmates

Connect Through Emotional Intelligence Workbook Mike Acker,2021-08-27 Where you are is not where you have to stay

As the business world changes Emotional Intelligence is rapidly becoming one of the most important assets you can bring to the table It is also one of the most attainable Not everyone can run a four minute mile or design the next game changing tech but anyone can improve their EI if they re willing to do the work This companion guide to Connect Through Emotional Intelligence Learn to Master Self Understand Others and Build Strong Productive Relationships not only provides new tools and directed exercises but also an achievable plan to increase your EI Resources include Personal Assessments Thought provoking questions Motivational quotes Additional material Ongoing Applied EI projects If you re serious about improving your EI this workbook will serve as an encouraging guide that can push you further than you could push yourself This isn t about sitting in a circle and singing kumbaya It s about becoming a fully functioning adult who enjoys a higher quality of life in every area within themselves in their home with their friends and in their workplace The tangible results include Understanding and overcoming internal obstacles that hold you back Connecting with your coworkers and improving teamwork Increasing your empathy Giving more effective feedback and Resolving conflict productively These in turn can lead to lower stress greater productivity and an expanded value to your organization Will this workbook require time effort and a little vulnerability Yes Will it be worth it Absolutely

Change Your Life With Emotional Intelligence Christine Wilding, 2010-06-25 Change Your Life with Emotional Intelligence takes Daniel Goleman s revolutionary psychological theory and transforms it into practical self help for you to boost emotional awareness in any part of your life It introduces you to the principles of EI explaining why the qualities of assertiveness perception motivation etc really matter if you want to live a fulfilled and successful life The book takes an applied approach encouraging you first to understand your own emotional identity then to develop life skills like developing a sense of responsibility overcoming anger and being more assertive It will help you to use these skills to transform relationships with those around you either in the workplace or in personal relationships and will even offer insight into how to help your children develop emotional intelligence It is full of interactive exercises top tips and motivational quotes and offers plenty of further resources

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develop your child's emotional intelligence is by encouraging them to create feelings and emotions journal My Emotions Journal is a Daily Journal with Positive Affirmations created to help children recognize what they feel and understand how they got there In this Journal kids can draw or write Therefore it will be a great gift for both 3 and 6 year old The Book is Perfectly sized at 8.5 x 11 in 21.59 x 27.94 cm and Contains 31 I feel pages to fill out 42 pages with a positive affirmation 3 pages with a monthly mood tracker and more all to help your child understand their feelings and emotions better and discover the wonderful unique person that they are

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