

EMOTIONAL INTELLIGENCE WORKBOOK FOR KIDS

AGES 5-12



Written by Cheryl Sexton,
Licensed Marriage & Family Therapist

Emotional Intelligence Workbook Complete Workbook

Barbara A. Kerr



Emotional Intelligence Workbook Complete Workbook:

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EMOTIONAL INTELLIGENCE SKILLS WORKBOOK STEPHANIE. CATELLA, 2024 **Emotional Intelligence** Rina De Klerk, Ronél Le Roux, 2009-11-26 *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 for other great training products and leadership lessons *The Emotional Intelligence Workbook* Jill Dann, Derek Dann, 2012-09-28 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 for a Compassionate World** Barbara A. Kerr, 2017-05-02 Emotional Intelligence skills and competencies are the fertile ground for creating a more compassionate world Emotional Intelligence for a Compassionate World is an engaging self paced workbook for individuals and teams who want to increase their Emotional Intelligence By enhancing these skills individuals will enhance their ability to empathize with others and to act

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Emotional Intelligence Toolkit Jim Grant,Susan David,2015-04-01 A practical guide book to enhance emotional intelligence skills This book provides the opportunity for you to reflect on how why when and where your emotions interact with and contribute to or sabotage your thinking and behavior in all areas of your life With increased understanding and the practical tools provided throughout this book you will be able to effectively target the areas you want to improve further develop your areas of strength and help you achieve outcomes that are of value to you The book guides you through each of the MSCEIT's four branches and eight tasks gives further information about them and discusses the real life implications and possibilities for improvement in these areas It offers tips for greater effectiveness and development exercises to help you integrate and personalize the information for your circumstances

Emotionally Intelligent Leadership for Students Marcy Levy Shankman,Scott J. Allen,Paige Haber-Curran,2015-02-02 A how to guide to help for facilitators and instructors develop emotionally intelligent leadership capacities in their students The Emotionally Intelligent Leadership for Students Facilitation and Activity Guide delivers a comprehensive curriculum for those who want to help students foster the 19 emotionally intelligent leadership EIL capacities presented in the book Emotionally Intelligent Leadership A Guide for Students Research from around the world has demonstrated that there is a relationship between emotional intelligence and leadership For the all new second edition the authors have completely rewritten all the modules according to their revised data based EIL model These activities bring theory into practice targeting specific learning outcomes that will help students become better leaders This guide will allow you to lead students through the Emotionally Intelligent Leadership for Students Student Workbook and can be used with or without the Emotionally Intelligent Leadership for Students Inventory which helps students to assess their EIL capacities Contains 23 all new modules consisting of step by step instructions for facilitating leadership activities Reflects 19 emotionally intelligent leadership capacities derived from new research Provides hands on learning experiences and case studies that allow students to enhance their leadership abilities Includes clear instructions for modifying activities to fit any setting or time constraint The Emotionally Intelligent Leadership for Students suite of resources offers an immersive and transformative educational experience fostering growth and promoting intense self reflection Students will be empowered to develop into the effective leaders of

the future **Emotional Intelligence Skills Assessment (EISA) Participant Workbook** Steven J. Stein, Derek Mann, Peter Papadogiannis, Wendy Gordon, 2009-11-23 Your Personal Guide to Understanding and Increasing Your Emotional Intelligence This hands on workbook is your companion to the dynamic Emotional Intelligence Skills Assessment EISA workshop in which you will be given the opportunity to measure your skills in five key areas Perceiving Managing Decision Making Achieving and Influencing These are the key areas that most influence personal performance Once you have completed the 50 item self and 360 assessments the EISA workbook will help you better understand how emotional and social skills impact your performance and how you can strengthen your effectiveness by using these skills successfully The EISA participant workbook will also help you Discover the major components of emotional intelligence Recognize the behaviors and characteristics of an emotionally intelligent person Identify areas where you can apply emotional intelligence Evaluate your own emotional strengths and opportunities for growth Generate action steps for improving your emotional and social abilities that will lead to success **Building Skills to Uplevel Life** Ann Silvers, 2023-08-03 Emotional Intelligence workbook *Emotional Intelligence Workbook a Teach Yourself Guide* Lora Greenwood, 2014-11-29 Emotional intelligence EI is the ability to monitor one s own and other people s emotions to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behavior Studies have shown that people with high EI have greater mental health exemplary job performance and more potent leadership skills Markers of EI and methods of developing it have become more widely coveted in the past few decades In addition studies have begun to provide evidence to help characterize the neural mechanisms of emotional intelligence Table of Contents Preface 7 1 Overview of Emotional Intelligence 9 1 1 Introduction 9 1 2 Theories of Multiple Intelligences 10 1 3 The Importance of Emotions 11 1 4 Emotions and the Brain 13 2 Why Emotional Intelligence Matters in the Workplace 15 2 1 Introduction 15 2 2 Case Study Examples 17 3 Models of Emotional Intelligence 21 3 1 Introduction 21 3 2 The Ability Based Model 21 3 3 The Trait Model of EI 22 Mixed Models of EI 23 4 Self Awareness 26 4 1 Introduction 26 4 2 Emotional Self Awareness 26 4 3 Accurate Self Assessment 30 4 4 Self Confidence 33 5 Self Management 35 5 1 Introduction 35 5 2 Self Control 36 5 3 Trustworthiness 40 5 4 Conscientiousness 40 5 5 Adaptability 41 5 6 Achievement Orientation 42 5 7 Initiative 43 Social Awareness 44 6 1 Introduction 44 6 2 Empathy 44 6 3 Organizational Awareness 47 6 4 Service Orientation 48 7 Social Skills 49 7 1 Introduction 49 7 2 Influence 50 7 3 Leadership 51 7 4 Developing Others 51 7 5 Communication 52 7 6 Change Catalyst 52 7 7 Conflict Management 53 7 8 Building Bonds 54 7 9 Teamwork and Collaboration 55 8 Resources 56

Emotional Intelligence Workbook Complete Workbook Book Review: Unveiling the Power of Words

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