



EMOTIONAL INTELLIGENCE WORKBOOK

Emotional Intelligence Workbook Collection

Patricia Carlisle

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Change Your Life With Emotional

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Emotional Intelligence Workbook Joeel A. Rivera, Natalie Rivera, Joeel A. Rivera M Ed, 2020-11-10 This workbook provides a blueprint for developing emotional intelligence both INTRApersonal intelligence understanding of your own emotions and INTERpersonal intelligence understanding of others emotions You ll develop an understanding of the cause of your emotions so you can shift your emotional state and feel better no matter what is happening in your life You ll learn how to catch negative emotions early and avoid triggers in order to prevent escalation You ll learn strategies for reducing and releasing stress so you can better cope with life events You ll develop healthy empathy so that you can better understand others without being sucked into their emotions You ll learn how to listen and communicate effectively and tune into non verbal communication and body language Large 8 5 x 11 inch format for ease of use This workbook is intended to be used with the Mindfulness and Meditation coaching program offered through TransformationAcademy.com

Emotional Intelligence Jonathan Warner, Lesley Warner, 2001 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

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Companion Workbook Book Nerd, 2019-07-16

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Emotional Intelligence: How to Manage Your Emotions and the Emotions of Others Patricia Carlisle, 2018-10-26

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strengths and opportunities for growth Generate action steps for improving your emotional and social abilities that will lead to success **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, giving 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.

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