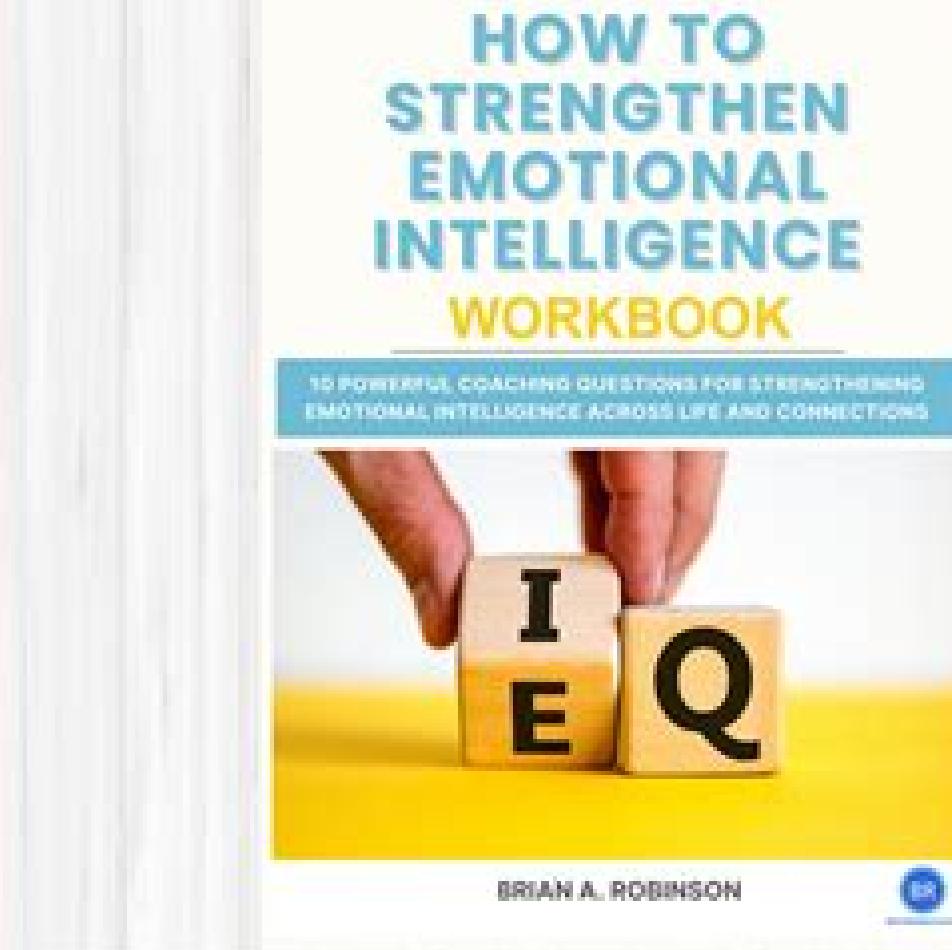


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Introduction 9 1 2 Theories of Multiple Intelligences 10 1 3 The Importance of Emotions 11 1 4 Emotions and the Brain 13 2 Why Emotional Intelligence Matters in the Workplace 15 2 1 Introduction 15 2 2 Case Study Examples 17 3 Models of Emotional Intelligence 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 *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 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.

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Table of Contents 6 Guide Emotional Intelligence Workbook

1. Understanding the eBook 6 Guide Emotional Intelligence Workbook
 - The Rise of Digital Reading 6 Guide Emotional Intelligence Workbook
 - Advantages of eBooks Over Traditional Books
2. Identifying 6 Guide Emotional Intelligence Workbook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 6 Guide Emotional Intelligence Workbook
 - User-Friendly Interface
4. Exploring eBook Recommendations from 6 Guide Emotional Intelligence Workbook
 - Personalized Recommendations
 - 6 Guide Emotional Intelligence Workbook User Reviews and Ratings
 - 6 Guide Emotional Intelligence Workbook and Bestseller Lists

5. Accessing 6 Guide Emotional Intelligence Workbook Free and Paid eBooks
 - 6 Guide Emotional Intelligence Workbook Public Domain eBooks
 - 6 Guide Emotional Intelligence Workbook eBook Subscription Services
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 - Adjustable Fonts and Text Sizes of 6 Guide Emotional Intelligence Workbook
 - Highlighting and Note-Taking 6 Guide Emotional Intelligence Workbook
 - Interactive Elements 6 Guide Emotional Intelligence Workbook
8. Staying Engaged with 6 Guide Emotional Intelligence Workbook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 6 Guide Emotional Intelligence Workbook
9. Balancing eBooks and Physical Books 6 Guide Emotional Intelligence Workbook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 6 Guide Emotional Intelligence Workbook
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine 6 Guide Emotional Intelligence Workbook
 - Setting Reading Goals 6 Guide Emotional Intelligence Workbook
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of 6 Guide Emotional Intelligence Workbook
 - Fact-Checking eBook Content of 6 Guide Emotional Intelligence Workbook
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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