



# **EMOTIONAL INTELLIGENCE WORKBOOK**

# Emotional Intelligence Workbook Novel

**Jill Dann, Derek Dann**



## **Emotional Intelligence Workbook Novel:**

**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      Companion Workbook Book Nerd,2019-07-16 Apply the principles of Emotional Intelligence 2 0 to your life and let them drive you to accomplish your goals This companion workbook for Emotional Intelligence 2 0 will allow you to become more self aware socially aware and better at managing relationships The chapter by chapter workbook will allow you to examine your emotional intelligence and develop stronger skills Discover how you process emotion and reason Find out how self aware you are Become more socially aware Pick a social skill to improve upon Find out how feelings show up in your life Feel how stress shows up in your life Think about your communication style Change your self talk for the better Regain control of your emotions Prepare for life changes Improve your relationships And much more Please Note This is an unofficial companion workbook for Travis Bradberry s and Jean Greaves s Emotional Intelligence 2 0 This companion is designed to further your understanding of the book and is designed to help you take action This is not the original book      **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      *Emotional Intelligence Workbook: For Elementary and Middle Grade Children* Better Youth Programs,2019-03-02 Emotional Intelligence is a vital skill for children often overlooked Not only is it overlooked but there is seldom good workbooks available aimed directly at children This activity book is a treasure trove of wonderful exercises that get kids thinking about their own emotions create self esteem empower good behaviours and habits and develop consideration for others Don t neglect to teach your kids a solid

emotional intelligence to help them become strong to weather the storm coming up in teenage years This section of the Youth Deployment Activity Guide is designed to give you additional age appropriate resources that are helpful in teaching your child about emotions The emotional and social skills that are presented were written in order to help you grow your child The sections include Intrapersonal Skills Interpersonal Skills Adaptability Stress Management and General Mood Each section is further divided into sub skills that address such things as Problem Solving Happiness Flexibility and other critical emotional and social competencies We encourage you to use these activities throughout the deployment process and beyond Sample Exercises from Emotional Intelligence Activities for Kids My Special Gifts and Talents Everyone has something they do well It may be in a sport or playing a musical instrument or even a particular subject like math A person can even be good at making friends Whatever a person does well can be a gift or talent See if you can recognize your own gifts and talents Piecing a Quilt Many emotions make up the person you are It is important to be able to identify those emotions and know how to deal with them Your emotions are like a patchwork quilt Each of your emotions is pieced together to make up the whole you Inside the patches on the quilt below draw a face showing different emotions you have felt Make No Bones About It Do your friends sometimes do or say things that make you feel uncomfortable Maybe they say unkind things to other classmates Or maybe they take the seat you were saving for someone and won't move when you ask them Do you feel like you should speak up about it but are afraid Here are some steps to take to help you speak up A Skeleton of My Former Self Independence is when you are able to take care of yourself You are able to plan and make important decisions for yourself and you can make those decisions without falling apart or depending on others to bail you out emotionally You are courteous honest and respectful of yourself and others You are willing to take responsibility for your feelings thoughts and actions You rely on others for help when necessary but do not cling to other people

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

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