

EMOTIONAL INTELLIGENCE WORKBOOK FOR KIDS

AGES 5-12



Written by Cheryl Sexton,
Licensed Marriage & Family Therapist

Emotional Intelligence Workbook Complete Workbook

Rina De Klerk, Ronél Le Roux



Emotional Intelligence Workbook Complete Workbook:

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Emotional Intelligence Workbook Ronél Le Roux, Rina De Klerk, 2001 *Emotional Intelligence Workbook* Paul Gerhardt, PhD., 2015-02-21 Emotional intelligence EI is the single most important thing every person must develop in order to have successful careers and home life Contemporary research has been proven that Emotional Intelligence is directly related to each person's career success by as much as 95% This workbook teaches readers what emotional intelligence is Use each easy step by step section to build your Emotional Intelligence Visit www.paulgerhardt.com to learn more

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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 *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 NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of emotional intelligence FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it *The Emotional Intelligence Workbook* Brenden Whelehan,2021 How would you like the ability to have complete control of your life To intentionally set yourself up for happiness and success while deliberately removing stressors from your life To understand your emotions and master your responses To correctly feel the mood of any room then instantly react To build rock solid relationships that stand strong during stormy weather To motivate and inspire those around you To not just survive but to thrive Emotional intelligence is the secret to having all of this and so much more This workbook will take you through each section of Emotional Intelligence Self AwarenessSelf management Social Awareness Relationship management And teach you exactly how to develop each skill Some skills you will learn are How to set goals that you ll actually accomplish Define your values and align your life accordingly How to clear your mind so you can use its full power Control over your triggers and emotional reactions Time management practices to set yourself up for daily success The

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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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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

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